

METTA DHARMA FOUNDATION
RETREAT INFORMATION SHEET

The Liberating Practice of Jhana

With Richard Shankman
Wednesday, March 11 – Friday, March 20, 2026

Registration and retreat schedule. Registration will be from 3:30 to 5:30 pm on Wednesday, March 11, and a light meal will be served at 6 pm. On Friday, March 20, the retreat will end by noon.

Location: Quaker Center (we'll be in the Orchard Lodge), 1000 Hubbard Gulch Rd, Ben Lomond, CA 95005, 831-336-8333

Directions:

From San Jose or the Bay Area: Take Highway 101, I-280 and Highway 85, or I-880 south to Highway 17 toward Santa Cruz. On Highway 17 go over the summit and down the mountain to the second Scotts Valley exit (Mt. Hermon Rd., Felton, Big Basin). Go right at end of exit ramp onto Mount Hermon Road.*

From Points South: Take Highway 101 North to Salinas, then Highway 183 to Highway 1 North to Highway 17 at Santa Cruz. Take Highway 17 North to the first Scotts Valley exit (Mt. Hermon Rd., Felton, Big Basin). Follow exit which crosses over Highway 17 and becomes Mt. Hermon Rd.*

***From Mt. Hermon Rd. (Scotts Valley):** Take Mt. Hermon Rd. west through Scotts Valley, and continue about 4 miles where it ends in Felton at a "T" intersection with a traffic light. Turn right on Graham Hill Rd. and go a short distance to the "other traffic light" in Felton. Turn right again and go north on Highway 9 for 3 miles to Ben Lomond.**

****From Ben Lomond, CA:** Take Highway 9 North from the light at the center of town. Continue one quarter mile to the Quality Inn (on left). About 150 yards past the motel, move into the center turning lane as soon as it starts and immediately turn left onto Hubbard Gulch Rd. There is a sign for Quaker Center at this intersection. If you reach Alba Rd. or the Orthodox Church of Sts Peter and Paul, you have gone too far on Hwy 9! There are signs for Quaker Center all the way up Hubbard Gulch Rd. One mile up, watch for specific signs for our group.

Distances from:

- San Francisco (Golden Gate Bridge) (via Hwy 1): 90 miles, 2 hours and 15 minutes
- SFO — San Francisco International Airport (via I-280): 80 miles, 1 hour and 45 minutes
- Oakland (via I-880): 80 miles, 2 hours
- SJC — San Jose International Airport: 35 miles, 50 minutes
- Santa Cruz: 12 miles, 30 minutes
- Watsonville: 27 miles, 45 minutes.

Public Transit

NOTE: Let us know ahead of time if you will be arriving by public transportation so we can make arrangements to pick you up in Ben Lomond.

Arriving From Out of Town: Fly into the San Francisco or San Jose airport. We will help you make arrival and departing transportation arrangements between the airport and the retreat center.

Retreat Format and Schedule: The retreat will be held in silence. Each day will be spent in alternating periods of sitting and walking meditation, except for meals, daily meditation instructions and dharma talk, and some periods of personal time. A daily schedule will be posted throughout the retreat center. Everyone will be assigned a daily job, such as working in the kitchen to help prepare food for upcoming meals, cleanup after meals and bathroom cleaning. Jobs will last an hour or less.

Retreat Renunciation and Simplicity: The retreat environment is designed to create a safe, protected space, removed from the normal activities and concerns of our daily lives in the world, to help our minds quiet and our hearts open. In this supportive setting compassion, loving-kindness, patience, generosity and wisdom can all deepen and grow.

In the spirit of simplicity and renunciation, if you are able to take care of your personal business before the retreat begins it will greatly support your retreat experience. We realize that occasionally there will be a need for someone to make phone calls, but please be conscious to do so only if really necessary.

There will be talking during Dharma talks, interviews, question periods, and with the teachers and staff, but otherwise try to commit yourself to Noble Silence. You can always talk to a teacher or staff person any time you have questions or concerns.

Precepts: Participants will be asked to observe five precepts of ethical behavior during the retreat: 1) refraining from harming living beings, 2) accepting that which is offered to you and refraining from stealing, 3) refraining from sexual activity, 4) maintaining noble silence, and 5) refraining from the use of drugs and alcohol (prescription and other needed medications should be taken as required).

Personal Items to Bring: Bring sleeping bag or sheets and extra blankets, if desired (see “Sleeping Gear” below), unscented toiletries, towels, soap, insect repellent, sunscreen, hat, flashlight, watch or clock, raingear, layered clothing for all weather conditions, etc. The emphasis for clothing should be comfort. This is a "do-it-ourselves" retreat. We may have a limited quantity of a few back-up supplies, but please do not count on it. There may be no one to make a run into town. Please pack accordingly. You may bring a tent and camp, please bring all necessary camping equipment necessary. Please let us know if you plan to camp.

Sitting Gear: Bring a zafu (cushion) and zabutan (pad), bench, or chair (no sharp legs, please). Chairs will be available.

Accommodations: There are twelve spacious rooms which hold two people each. We offer a limited number of single rooms. Refer to the retreat application for details on the selection of rooms. In addition, there is plenty of beautiful space to camp, and it is generally a great time of year to do so.

Sleeping Gear: Bring a sleeping bag and extra blankets, if desired. The Quaker Center provides sheets, pillows and one blanket per bed. Extra blankets are available. If you plan to camp, please bring whatever camping equipment you will need.

Bathrooms: There are four group bathrooms (two for the women one for the men, and one all-gender), each of which includes a shower and a double sink. There is also a bathroom in the dining hall.

Meals: Meals will be vegetarian.

About Dana: The retreat fee you paid covers the cost of the retreat facility rental, the cook and the food. The teacher does not receive any money from the retreat fee. Continuing in the ancient Buddhist tradition, the teachings are offered freely. In turn, students receiving the teachings may choose to voluntarily support those transmitting the dharma by offering donations, or *dana*, to the teacher.

If you have any questions or need further assistance, please email: metta@mettadharma.org