

Dear International Participant,

This is the program of our retreat in SINAIA (NOT Bucharest city):

PROGRAM

- Friday Oct 16th 2015, 10:00 – 21:00
- Saturday Oct 17th 2015, 08:00 – 21:00
- Sunday Oct 18th 2015, 08:00 – 16:00
- Monday Oct 19th MAYBE 08:00 – 16:00 (just for translation partners)

Fri Oct 16th

10:00 – 10:30 || Opening Ceremony
10.30 – 13:00 || Conference: What is my higher purpose?
13:00 – 14:30 || Lunch
14:30 – 16:30 || Conference: How does the attraction field work?
16:30 – 19:30 || Contemplation, Rest and Dinner
19:30 – 21:00 || Review of the day | Q and A & Evening Meditation

Sat Oct 17th

08:00 – 09:00 || Morning Qi Gong
09:00 – 10:30 || Breakfast
10.30 – 13:00 || Conference: IQ & EQ - How to be more flexible and less defensive?
13:00 – 14:30 || Lunch
14:30 – 16:30 || Conference: What is the spiritual intelligence?
16:30 – 19:30 || Contemplation, Rest and Dinner
19:30 – 21:00 || Review of the day | Q and A & Evening Meditation

Sun Oct 18th

08:00 – 09:00 || Morning Qi Gong
09:00 – 10:30 || Breakfast
10.30 – 13:00 || Conference: Diving into our ancestral lineage and the core wound
13:00 – 14:30 || Lunch
14:30 – 16:00 || Closing Ritual & Ceremony

ACCOMODATION

The retreat is held at the New Montana Hotel**** in SINAIA (Romania).

Unfortunately there are no more rooms available at the same hotel, so we suggest you try other accommodation options, please feel free to check on www.booking.com or www.airbnb.com.

This is a list of the recommended hotels in Sinaia:

- Hotel Arca lui Noe 4*
- Hotel Regal -sinaia 4*
- Hotel Bucegi 4* (next to New Montana)
- Apartament Aosta - Sinaia
- Pensiunea Carmen Sylva - 5*
- Pensiunea Casa Teo 4*
- Pensiunea Casa Tom 5*
- Hotel Foisorul cu flori 4*
- Complex La Turnuri - vila economat 3*
- Vila Wendi (very near)

Are you planning to visit Bucharest too? Do you need any assistance on booking hotels in Bucharest? (Please feel free to check on www.booking.com or www.airbnb.com)

In Bucharest, I personally love and recommend this hostel : (It's cheap, clean, has a big garden, 1.2 km from the city center, and I drink my morning coffee there :) I attached some photos)

[Doors Hostel in Bucharest, Romania | Hostel](#)

<http://www.hostels.com/hostels/bucharest/doors-hostel/42948?source=hcgadgenericsdsaall&gclid=CJ3CsLyV3sYCFUPLtAodOj4PSQ>

FAQ Accommodation

1. Can I share a double room?

Sure! We can find you a person to share the room with.

2. WI-FI in hotel?

YES

3. Is breakfast included?

YES

4. How do I pay for the hotel?

Credit card or cash in local currency - **Romanian Leu** – also called **RON**

(1 Eur = 4,5 RON, 1USD ≈ 4 RON RON - there may be little differences as the exchange rates are flexible)

FAQ Food

1. Is there a vegetarian menu?

You can find many options from vegan to gourmet food in Sinaia, close to New Montana Hotel, or in the hotel's restaurant. Usual price 7-10 Eur/lunch, 10-20 Eur/dinner.

2. How do I pay for the food?

Credit card or cash in local currency LEU.

(if you're staying at the New Montana Hotel - breakfast is included)

FAQ Currency

1. What is the local currency?

Romanian Leu (**also called RON**). 1 Eur = 4.5 RON. 1 USD = 4 RON

We advise you to exchange about 50-100 euros in the airport to pay the taxi and the accommodation in Bucharest / other small things.

(Don't exchange all your money in the airport because you'll find a much better exchange rate in Bucharest city center.)

2. Where can I exchange money?

You can exchange EUROS/DOLLARS to Romanian LEU in Bucharest or in Sinaia. You have an exchange booth in the Bucharest North train station.

3. What is the cheapest way to get/use Romanian LEU?

We recommend you to use an ATM machine and withdraw money from your credit card. You can do that in the airport, and in Bucharest or Sinaia. There are many ATM machines in Bucharest and Sinaia.

Also we recommend you pay your meals and shopping with your credit card (but be advised that the small shops might not have a POS).

FAQ Transportation

1. How do I get to the retreat venue in Sinaia?

Easiest way is to take the **plane** to Bucharest (Otopeni airport) , a **taxi** from airport to Bucharest North train station (equivalent of 6-8 Euro in local currency RON) and then take the train from Bucharest North train station to Sinaia (equivalent of 10 Euro in local currency RON).

The road distance between Bucharest to Sinaia is 123 Km.

2. How can I get from Otopeni airport to my hotel in Bucharest or Bucharest North train station?

Options for this trip:

α) **RECOMMENDED**: Take the taxi, it's cheap and fast. It shouldn't cost more than 6-8 Eur (**in local currency that means 27- 36 RON!**). Make sure the taxi driver sets the counter for your ride, they're obliged to.

You'll find a taxi calling booth in front of Otopeni Airport - Arrivals Terminal.



The ride to Bucharest North train station may last 30 - 45 minutes, even longer if traffic is not friendly.

If you plan to stay longer in Bucharest and you booked a hotel room in BUCHAREST, it's best to take a taxi straight to your hotel.

β) **NOT RECOMMENDED:** Take the Express bus no. 780 that stops in front of the airport (arrivals terminal) and goes straight to Bucharest North train station. You can buy tickets from the airport for the equivalent of approximately 2-3 euros. There are 2 trips tickets, so you can use them also on your way back. **We recommend you take that bus only if you speak Romanian (because you will need to purchase a bus card and the personnel doesn't always speak English)**

χ) **STRONGLY NOT RECOMMENDED:** Train from AIRPORT to TRAIN STATION – You have to first take a local small bus for 15 minutes and then a train for 40 minutes. It is expensive and really confusing! **We advise you NOT to take A TRAIN from the AIRPORT to the Bucharest North Train Station!!**

δ) **NOT RECOMMENDED:** Taxi (also called shuttle service) from Airport in Otopeni directly to Hotel New Montana in SINAIA – 123 km away!! 70-90 Euro/each way !!

ε) Rent a car. There is a Hertz renting company office in Otopeni airport. If you think about this option please contact Hertz directly. We drive on the right side of the road. Please make sure you have an international driver's license for EU. If you expect to use your phone as a GPS, make sure you have an international/roaming data plan so

you can connect to the internet on google maps. Otherwise please print your own maps.

Contact: <https://www.hertz.com>

3. How do I get from Bucharest to Sinaia?

You should take the **train** from *Bucharest North (Bucuresti Nord) train station to Sinaia*. It's an amazing 1.5 hours ride through the mountain landscape, with green lively forests and a beautiful mountain river. We guarantee you will enjoy the view.

Please find below the daily train schedule to Sinaia. **Keep in mind that there are no trains after 9PM.**

The schedule is in Romanian. Here's the translation from Left to Right: Number - Price - Purchase - Date - Train number - From - To - Departure time - Arrival time. The other columns are irrelevant.

| Nr | Pret | Cumparare | Data calatorie | Tren | Statie plecare | Statie sosire | Ora plecarea | Ora sosire | Servicii (tip vagon) | Informatii suplimentare | Durata parcurs | Durata intre legaturi | Dist km | Rezervare locuri | Detalii pe harta |
|----|---|------------------------|----------------|---|----------------|---------------|--------------|------------|---|------------------------------|----------------|-----------------------|---------|------------------|------------------|
| 1 | Info. pret | | 16-07-2015 | IR 1745 | Bucuresti Nord | Sinaia | 05:53 | 07:30 | 1 2 3 | | 01:37 | - | 121 | obligatoriu | |
| 2 | Info. pret | | 16-07-2015 | R- 3001 | Bucuresti Nord | Sinaia | 06:20 | 08:58 | 2 | | 02:38 | - | 121 | fara | |
| 3 | Info. pret | | 16-07-2015 | IR 1631 | Bucuresti Nord | Sinaia | 07:00 | 08:34 | 1 2 3 | | 01:34 | - | 121 | obligatoriu | |
| 4 | Info. pret | | 16-07-2015 | IR 1638 | Bucuresti Nord | Sinaia | 08:20 | 09:55 | 1 2 | | 01:35 | - | 121 | obligatoriu | |
| 5 | Info. pret | | 16-07-2015 | IR 1621 | Bucuresti Nord | Sinaia | 10:00 | 11:40 | 1 2 3 | | 01:40 | - | 121 | obligatoriu | |
| 6 | Info. pret | | 16-07-2015 | IR 1645 | Bucuresti Nord | Sinaia | 11:15 | 12:50 | 1 2 | | 01:35 | - | 121 | obligatoriu | |
| 7 | Info. pret | | 16-07-2015 | IR 346 | Bucuresti Nord | Sinaia | 14:00 | 15:30 | 1 2 3 | | 01:30 | - | 121 | obligatoriu | |
| 8 | Info. pret | | 16-07-2015 | R- 3005 | Bucuresti Nord | Sinaia | 14:15 | 16:44 | 2 | | 02:29 | - | 121 | fara | |
| 9 | Info. pret | CUMPAR | 16-07-2015 | IR 1527 | Bucuresti Nord | Sinaia | 15:35 | 17:07 | 1 2 | Are Vg.directe pt.2111+13595 | 01:32 | - | 121 | obligatoriu | |
| 10 | Info. pret | | 16-07-2015 | R- 3007 | Bucuresti Nord | Sinaia | 16:33 | 19:16 | 1 2 | | 02:43 | - | 121 | fara | |
| 11 | Info. pret | CUMPAR | 16-07-2015 | IR 10803 | Bucuresti Nord | Sinaia | 16:45 | 18:26 | 1 2 | | 01:41 | - | 121 | obligatoriu | |
| 12 | Info. pret | CUMPAR | 16-07-2015 | IR 472 | Bucuresti Nord | Sinaia | 17:35 | 19:04 | 2 3 | | 01:29 | - | 121 | obligatoriu | |
| 13 | Info. pret | CUMPAR | 16-07-2015 | IR 1643 | Bucuresti Nord | Sinaia | 18:05 | 19:43 | 1 2 3 | Are Vag.directe pt.tr:4133 | 01:38 | - | 121 | obligatoriu | |
| 14 | Info. pret | CUMPAR | 16-07-2015 | IR 1741 | Bucuresti Nord | Sinaia | 18:35 | 20:10 | 1 2 3 4 | | 01:35 | - | 121 | obligatoriu | |
| 15 | Info. pret | CUMPAR | 16-07-2015 | IR 1931 | Bucuresti Nord | Sinaia | 20:37 | 22:15 | 1 2 3 4 5 | | 01:38 | - | 121 | obligatoriu | |

You have trains every 1 to 1 and a half hours. If you take **IR** train, the trip is about 1 and a half hour, if you take a **R** (stop train) it will take 30-45 minutes longer.

4. How do I get from Sinaia train station to New Montana hotel?

It's a 5-10 minutes' walk, about 700 meters.

(google maps: Sinaia gara TO New Montana Hotel Sinaia)

[Here's the itinerary on Googlemaps.](#)

<https://www.google.ro/maps/dir/Sinaia,+106100/Hotel+New+Montana,+Bulevardul+Carol+I+24,+Sinaia+106100/@45.3511845,25.5517228,17.25z/data=!4m14!4m13!1m5!1m1!1s0x40b316c15fb915c5:0x52920784a16be8bb!2m2!1d25.5528742!2d45.3525957!1m5!1m1!1s0x40b316c32f414bb1:0xb76297780575880!2m2!1d25.5481964!2d45.3492613!3e2?hl=en>

You can also find a taxi in Sinaia Train station, but we feel walking is a better option.

FAQ Visiting

What is it to see in Sinaia and around?

Here's a list of touristic objectives we recommend:

1. Peles and Pelisor Castles

In a magnificent mountain scenery, about 2km away from the New Montana hotel, you will find the royal domain of Peles Castle. It was built by Charles I de Hohenzollern, between 1873 and 1914, in a neo-renaissance style. Read more [here](#).

Click below for:

- [Pictures of the Peles caste](#)
- [Itinerary on foot from New Montana Hotel to Peles Castle](#)

2. Sinaia Monastery

Sinaia monastery was built in 1695 and named after the great Saint Catherine's Monastery on Mount Sinai in Egypt. It's the monastery who gives the name of Sinaia town, in its early days. The monastery is composed of 2 churches: The Old Curch built in 1695 in a Byzantine style and The Great Church, built later, in 1846, in the Moldavian and the Brancovenesc style from Walachia. The earliest Romanian translation of the Bible, dating from 1668, is resting here. Read more [here](#).

Click below for:

- [Pictures of Sinaia Monastery](#)
- [Itinerary on foot from New Montana Hotel to Peles Castle](#)

3. Babele, the Sphinx and Mount Omu

Babele (meaning the old ladies) is one of the most popular tourist destinations in the country, located on the plateau of the Bucegi mountains at about 2.200m altitude. The

name comes from the mushroom shaped rock formations, the result of erosion and varying hardness of the rock layers. **The Sphinx** is another rock formation in the same area, named for its sphinx-like appearance.

Mount Omu is one of the highest mountains in Romania, at 2.505m altitude. You can get there hiking for 2.5 – 3 hours from Babele chalet (Cabana Babele), following the Yellow Line marking.

The Babele chalet is accessible by cable car from Buşteni. It can also be reached by foot, in about 6 hours of hiking, coming from Buşteni through Valea Jepilor (Juniper Valley), following the Blue Cross marking.

You can get **from Sinaia to Busteni by train**, the ride takes about 20 minutes.

Click below for:

- [Pictures of Babele, the Sphinx and mount Omu](#)
- [Itinerary from Busteni train station to the cable car](#)

4. Ialomita cave and Monastery

Situated at 1.500m altitude, on the right side of the Ialomitei Canyon, the Ialomita Cave unfolds on one level over a length of approximately 480 m, of which 400 m are accessible to tourists, to the point called "the Shrine".

At the entrance to the cave you will find the Ialomitei Monastery, built in the sixteenth century and founded by Mihnea the Evil, Voivode (Prince) of Wallachia and son of Vlad the Impaler (known as Dracula nowadays).

How to get there

From **Busteni** take the cable car to Babele and then take the second cable car in direction Pesteră (Cave). Then by foot 15 min. and you'll be there (there are also markings with Ialomita Cave).

Mountain route: from Busteni by foot to Pesteră (Ialomitei Cave) 6-7 hours (follow mark Blue Cross).

Click below for:

- [Pictures of Ialomita Cave and Monastery](#)
- [Itinerary from Busteni train station to the cable car](#)

5. Brasov city

Surrounded by the Southern Carpathian Mountains and part of the Transylvania region, Brasov is situated at about 160km away from Bucharest. Founded by the Teutonic Knights

in 1211 on an ancient Dacian site (the Dacians are the Romanian ancestors, dated by history before 3.000 BC) and settled by the Saxons as one of the seven walled citadels, Brasov features gothic, baroque and renaissance architecture and exudes a distinct medieval ambiance. Read more about places to visit [here](#).

You can get to Brasov by train, either from Sinaia (about 1 hour by train) or from Bucharest (about 3 hours by train).

Click below for:

- [Pictures of Brasov](#)

FAQ Misc

1. What is the language of the retreat?

The retreat will be held by Richard Rudd and Andrew Fretwell in English and will be simultaneously translated into Romanian.

2. What's the weather in Sinaia in October?

The average temperature for the respective time should be around 15 Celsius degrees during the day and 8-10 degrees during the night. But weather can be unpredictable in the mountains so pack warm clothes to keep you away from cold and rain, especially if you're planning to stay longer in Romania.

3. Should I bring something with me?

Yes, if you have enough room in your luggage please bring a **shawl** or some light-blanket to cover yourself when you lie down, a **cushion/blanket or a yoga mat** to lay on. You will need it for the meditation practices.

Also, we strongly recommend to bring all **medicines** that you may need during your stay in Romania.

VERY IMPORTANT: YOUR Hologenic Profile, and the Hologenic Profile of a person that you have/had a deep, intimate relationship with.

4. What should I wear?

We recommend you to choose modest, loose, comfortable clothing

FAQ Insurance

1. Should I have a health insurance?

We strongly recommend you to buy a health insurance when you travel abroad. It is often possible to obtain affordable travel/health insurance with your airline at the time of booking your ticket. Alternatively, you can check out: <http://www.insuremytrip.com>

Oly is my dear team member, GK translator and best friend that supports guests journeyers. So feel free to write to him if you need help: oly.saldinger@gmail.com

See you soon!

Love and gratitude,
Alexandra Chiru
Organizing team Romania