

PROGRAMS AT PROVIDENCE ZEN CENTER

Location:

Location: Providence Zen Center: 99 Pound Road, Cumberland RI 02864

Contact: <https://providencezen.org/>

When to Arrive and Depart:

Arrival: Check-In: 1:00pm, Registrations between 4:00 PM and 6:00 PM, program starts at 7:00pm.

The closing session will end by 12:00 PM on the final day, Departure 1:00pm.

If you are unable to arrive on-time please let us know.

Typical Student Schedule During Program:

Opening Day

Check in, after 1:00 pm

6:00 pm Dinner

7:00 pm – 8:30 pm Opening session

Full Program Days

7:30 am – 11:30 am Session

11:30 am – 12:30 pm Break (Brunch)

2:00 pm – 6:00 pm Afternoon Session

6:00 pm – 6:45 pm Dinner

Last Day

7:30 am – 11:30 am Closing Session

12:00 pm – 12:45 pm Lunch

Check out, by 1:00pm

For Immersion Only: ends August 30th, 2023 at 12:00pm

For Certification Only: arrive August 30th, 2023, starts August 31st, 2023 at 7:00am

PZC Activities:

5:00 am (wake up bell for those staying on-site)

5:15 am - 7:00 am (guests are free to join Buddhist Meditation)

Schedule may change from program to program.

What To Bring:

- Laundry Detergent if you would like to wash clothes. There are two washers and dryers for guests to use at no charge.
- Although we will have these things, please bring any additional items you need: Yoga props such as (Mat, blanket, pillow/bolster, blocks, anything you need to both sit and lie comfortably on the floor. Please note that this location has chairs but no backjacks).
- Water Bottle
- Comfortable clothing appropriate for movement, relaxation and the season: Jacket, shawl, sweater, layers recommend
- Journal and writing utensil
- Umbrella and/or raincoat
- Bug Spray
- Sunscreen
- Bathing Suit (for the Sauna)
- Breathe Rite Strips for those who snore (if you are sharing a room)
- Earplugs for light sleepers
- Flashlight
- Alarm clock
- Slip-on shoes
- White clothing or other nice clothing for graduation (Mainly for programs with graduations or special occasions such as I AM Yoga®, I AM Yoga Nidra™, I AM Yoga Therapy™, etc).

What Not to Bring:

- Perfume or heavily scented lotion to avoid irritating those with allergies.
- Incense, candles, or anything flammable

- Pets
- Please indicate dietary needs on the registration form. The kitchen will prepare vegetarian food. Please indicate if you have further needs such as allergies, vegan, gluten free. Outside food is permitted and there are refrigerators to store food. Breakfast will be simple fruit.

Transportation:

Transportation to and from the Providence Zen Center is not provided but it will be easy enough to get there using Uber, Lyft, etc. Without traffic it is a 35-minute drive from Providence Airport to Providence Zen Center. Cost is usually around \$50 depending on time of day. On return many students share rides to reduce costs. If flying into Boston Logan Airport the distance is about 48 miles or 1 hour of driving time depending on time of day.

Minimum and Maximum Class size:

Minimum Number to run the program: 10 Students

We recommend that you check with us before purchasing plane tickets.

Maximum Number for proper social distancing; Depends on Room we rent, 20 to 35 students

Please note there will likely be other guests on site not related to this program on campus although if you selected a double room you would only share the room with others in our program (not with others in other programs).

Housing:

Please note that although the Providence Zen Center is beautiful it is an older building and very simple or Zen. If you prefer some creature comforts of home, we suggest that you stay off site. The main teaching all has A/C, but not all bedrooms have A/C. There are nearby Airbnb's within easy driving distance.

There are fans that can be used first come first serve. The average temperature in Rhode Island in August is about 80 degrees F, cooler in the evenings and early morning.