



JIRVANA Workshops

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Hello Everyone and Welcome to Jirvana Workshops,

Welcome to JIRVANA Workshops! We look forward to working with you at the upcoming weekend workshop. Enclosed you will find the weekend schedule and list of guidelines. There is also a questionnaire for you to fill out and bring with you when you come, so that we can gain some idea of what you would like to be working on.

We do not provide lodging, but can provide you with a list of local hotels / motels upon request. We do not provide lunch or dinner, but do encourage you to dine with us, as a group. We begin the workshop with dinner on Friday—it's a great way to bond and get acquainted with fellow group members before we start work. We go to lunch on Saturday and again on Sunday, and it is nice to stay together for these meals. Please plan on the cost for meals to be between \$25-\$35 each. We will be going to local restaurants within a short walk or drive from the office and doing our best to provide some privacy for our group.

We will be starting the weekend on Friday afternoon at 4:00pm and ending about 8:00pm. We will be working all day Saturday and all day Sunday. We should be beginning around 8:30am each morning and ending around 5:30pm on Saturday and on Sunday. Please leave these evenings open, as these times may flex somewhat—we sometimes go over or end early. It is **VERY** important that you arrive before or on time in order for us to complete everything we need to complete.

As for meals, we will be breaking Saturday and Sunday for lunch approximately for 90 minutes per day and eating out in the community, dinner you will eat on our own throughout the weekend. We typically dine together during these workshops, we feel it may be easier and safer this way. We encourage you to bring a lunch if you prefer to not dine out. Please know that you may see someone you know in the restaurant we go to for our meals, so your anonymity may be compromised at the meal, it is Not required for you to join us for the meal.

If you have any questions, please feel free to call us. We look forward to our journey together!

Much Comfort and Light,
Matt Misuraca, LMFT & Maureen Misuraca, LMFT