

Vejjasala - Place of Healing

Location

219 Forest Road
Wingello, NSW 2579
Ph: (02) 4884 4443*

SatNav coordinates: S34 42.334 E150 10.663

Distance from Sydney: 160km, approx. 1 hour 45 mins



Directions from Sydney:

Take Hume Motorway (M31) to Wingello turnoff

- Take the M5-M31-National Highway 31 out of Sydney (toward Liverpool/Canberra), past Mittagong, Bowral and Moss Vale.
- Continue 6km past Penrose State Forest, then slow down after Paddys Creek to turn left in 500m.
- Turn hard left off highway into Murrumba Rd, (exit sign for Wingello & Bundanoon).



From Wingello turnoff (Hume Hwy) to Vejjasala:

- Follow Murrumba Rd to the end, which is Wingello train station (see map overleaf).
- Cross the railway tracks and turn right past Wingello Village Store.
- Take first left into Forest Rd and continue along sealed then gravel road, past Wombat Farm, total distance of approx. 2km.
- Turn left onto side track at sign for Vejjasala Retreat. At about 250m turn left at 'Retreat Centre' sign to enter retreat grounds. Parking is to your right, just inside the retreat grounds.

What to bring:

Vejjasala is a teaching and retreat centre in a beautiful bushland setting. It provides accommodation, including bedding, pillows blankets and doonas plus meals if catering is included in the cost of the retreat. Wingello can be quite cold in winter, and cold snaps can occur even in summer. Essential items are in bold.

Year round:

- **pillow slip and two single bed sheets**
- or you can bring a sleeping bag instead
- **bath towel, toiletries and medications**
- earplugs if you are a light sleeper in a shared room
- comfortable clothes for meditation and walking
- slip-on shoes for inside the centre (optional)
- for yoga retreats - your own yoga mat (optional)
- raincoat or umbrella
- **torch, water bottle**

Winter/early spring/late autumn:

- tights or track pants, thick warm socks
- soft/down jacket, scarf, gloves, beanie
- meditation rug to keep legs/whole body warm
- cough medicine or lozenges

Summer

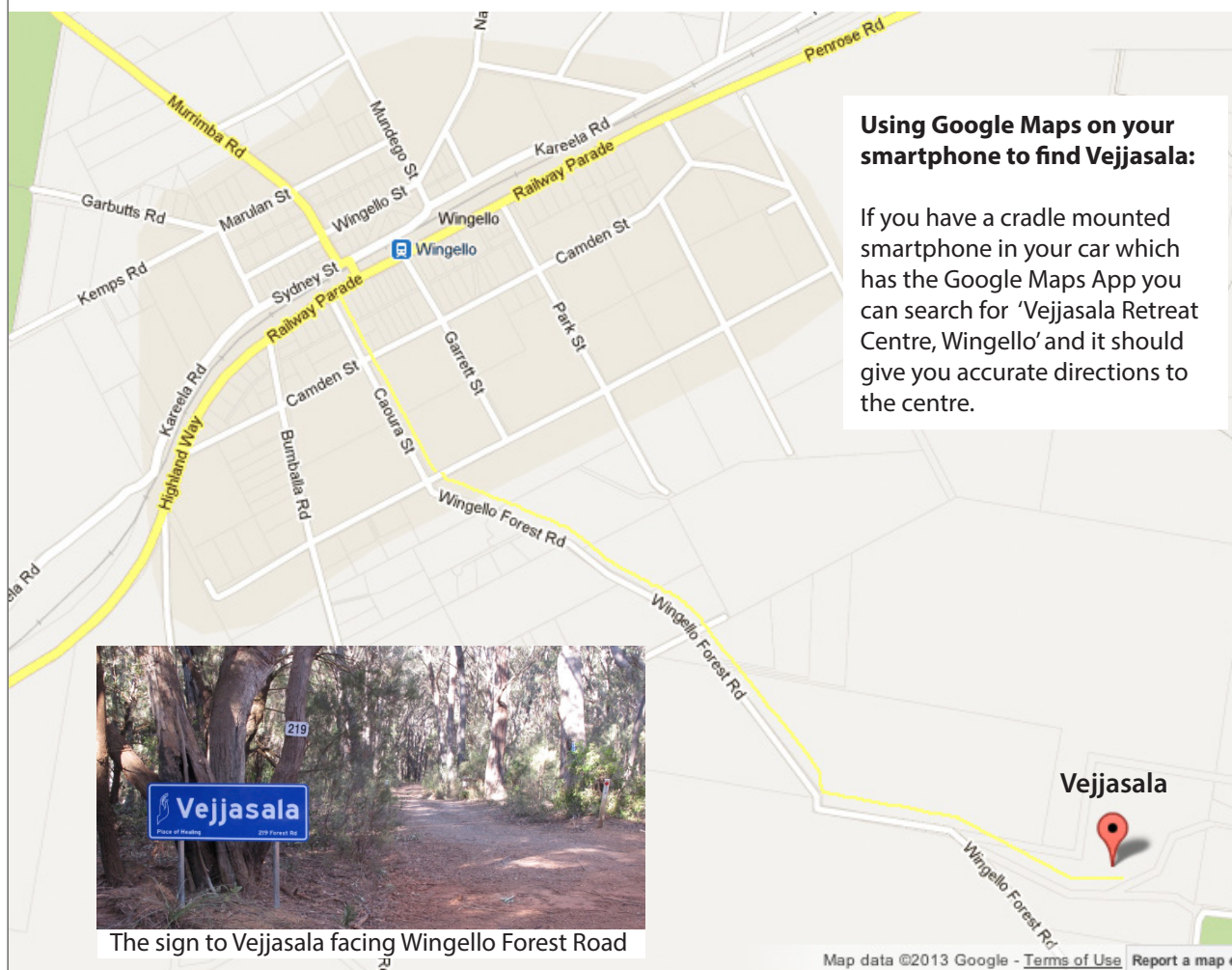
- Insect repellent, sun cream
- hat, sunglasses
- lightweight sweater/jacket for cool evenings

Vejjasala retreat centre



Wingello locality map

Wingello is a small village and only has a corner store with limited opening hours. Ensure you have all of your requirements before you travel or stop off at larger centre such as Mittagong on the way down.



Using Google Maps on your smartphone to find Vejjasala:

If you have a cradle mounted smartphone in your car which has the Google Maps App you can search for 'Vejjasala Retreat Centre, Wingello' and it should give you accurate directions to the centre.



The sign to Vejjasala facing Wingello Forest Road

Note that 'Caroura St' in the above map is actually signposted 'Forest Rd'

Vejjasala does not provide internet access and mobile reception is limited. As this is a retreat centre, participants are encouraged to limit their use of electronic devices.

*Contacting Vejjasala Retreat Centre:

Vejjasala has a phone line (02 4884 4443) but it is only monitored during retreats. If you need to contact the retreat coordinator or retreat volunteers on your way to the retreat, someone is usually there from at least mid afternoon of the first day of the retreat (eg for retreats that start on a Friday evening). You can pass this number on to others as an emergency contact number as mobile reception is poor in this area. The phone may go to voicemail but this is monitored during retreats.

Private Retreats

Vejjasala can sometimes be made available to individual members of the Association for private retreats. Your first step if considering a private retreat would be to email the Retreat Coordinator retreats@engagedbuddhists.org.au who can discuss availability and requirements. Private retreatants need to supply all of their own food. It is not suitable for anyone without their own transport. Ultimately approval for a private retreat rests with the Spiritual Director.