

Solitary retreats at Vajrasana

Vajrasana is located at Potash Farm, Walsham-le-Willows, Suffolk, IP31 3AR (on Google Maps [here](#)). You can check in between 3-6pm on the first day of your retreat. If you need to arrive after 6pm then please call the Vajrasana team in advance on 01359 259 067. When you get to Vajrasana, ring the bell by the white door to the office (in the lobby at the back of the farmhouse) to collect the key to your hut. You will need to check out by 10am on your last day – ring the bell again and, if no-one answers, leave the key in front of the door to the office.

Retreat ethos

We ask you to observe the following while on retreat at Vajrasana:

- Peace and quiet for the sake of others around the retreat centre
- Single occupancy of the hut
- No smoking, alcohol or recreational drugs on site
- Only vegetarian and vegan food prepared on site
- No pets

While on retreat at Vajrasana, please avoid the main retreat centre except in an emergency. When there is a retreat happening, this is to maintain the privacy and integrity of the retreat; when it is not, the buildings will be locked. So if you have been on solitary retreat at Vajrasana before, please note that there are different arrangements for collecting food (see section below) and you do not now need to approach the retreat centre.

Cleaning after your stay

Please note that the huts are not cleaned after your stay, so how you leave the hut will be how the next retreatant finds it. You will need to allow enough time before 10am on the last day for a thorough clean up; if everyone sticks to this it will ensure that a high standard is maintained. Cleaning includes the floors, sink, stove, toilet, bathroom and all surfaces. Please also clean the inside of the fridge and check behind it. Please strip your bed and leave the dirty linen in a pile on the bed. A member of the community will take it away and replace it for the next retreatant. Rubbish and recycling should be taken to the service yard in the car park at the front of the site – bins are behind the second door from the left as you look at it.

Food and cooking

The following food will be in your hut when you arrive. If any of it runs out, you can raise the flag on your supply bin (close to the hut) and leave a note. This will be checked every few days. Anything not included on this list you will need to bring with you. There are various supermarkets in Stowmarket; the closest to the train station is Asda, on Wilks Way (open 7.30am–10pm on Fridays).

Porridge oats Muesli	Tinned tomatoes Kidney beans Baked beans	Mixed herbs Basil Oregano Curry powder Chilli powder Cumin Coriander Turmeric Salt Pepper Bouillon	Apples Bananas Oranges Tomatoes Lettuce
Brown bread Margarine Marmalade Jam Peanut butter Tahini Yeast extract	Sunflower oil Olive oil		Soya milk
Rice cakes Oat cakes	Onions Garlic Potatoes Courgettes Carrots Broccoli Peppers Spinach/Greens	Pasta Rice - brown and white Lentils	Regular tea Decaf tea Peppermint tea Redbush tea Instant coffee
Tofu			

There is a two-ring induction hob for cooking, a toaster, a kettle, a microwave and a fridge with freezer compartment. Pans and crockery etc. are provided.

Emergency contact

You can give friends and relatives the number for the resident community, 01359 259 067, which they can use to contact you *strictly in case of an emergency*. Please also make sure that we have emergency contact details from you of a friend or relative. Make sure to send this to bookings@lbc.org.uk before your retreat along with a mobile number for yourself.

Getting to Vajrasana

Train

Regular trains run from London Liverpool Street to Stowmarket station. If you are travelling from outside of London, it may be more convenient to get a train into Bury St Edmunds, Thetford or Elmswell station. You will then need to get a taxi from the station to Vajrasana. It is easiest to get taxis from Stowmarket or Bury St Edmunds.

Taxi

****Please note that locals may know the site as 'Potash Farm', not 'Vajrasana'.****

Please make sure to get the taxi you booked rather than the first to come along in order to help us maintain good relations with the companies

Stowmarket

Stowmarket Taxis, costing £20-25: 01449 677 777 (they have a taxi office at Stowmarket station.)

Or alternatively, Gold Star Taxis: 01449 676 767.

Elmswell

Elmswell is the nearest station, about 4.5 miles from Vajrasana, but it is not easy to get a taxi from here. Call one of the above Stowmarket companies well in advance and don't get off the train here unless you have a taxi pre-booked.

Thetford

Taxis from Thetford cost £40.

21st Century Taxi Co.: 01842 764 576

A2B Taxis: 01842 755 222

Bury St Edmunds

A1 Cars: 01284 766 777

Also, the 338 bus from Bury St Edmunds runs a very limited service to Upthorpe House Farm, which takes between 45 minutes to an hour depending on which bus you catch. Upthorpe House Farm is a 15-minute walk away from Vajrasana (just under a mile) if you follow Reading Lane in a south-easterly direction. You can find a map of the walk [here](#) and check bus times [here](#).

Coach

You could get a National Express Coach from Victoria Coach Station or the coach stop in Stratford to Bury St Edmunds. From there you would need to get a taxi.

Car

We have car parking facilities at Vajrasana. See map & directions below:

