



You Are Invited To

Labor Day Retreat-2025

30 | **AUG** | 2025

to

31 | **AUG** | 2025

Capital Venue & Pond Vista





Healthcare Guidelines

Do test yourself for **COVID-19** if you have any symptoms like runny nose, congestion, cough, fever, headache, sore throat, or fatigue.

Do stay home until fever-free for 24 hours or (if no fever) until symptoms start to improve (usually 3-4 days) prior to **August 30**.

Do **bring** and **wear a mask** at the campsite in all **indoor/populated** areas.

Do talk to your doctor if you are **high-risk** for **complications** from COVID-19.

First aid kits and **blood pressure monitors** will be available at multiple locations at the campsite.

If you have **EpiPens**, please bring them, these will not be available at the campsite. Please remember to **bring other medications** that you may need.



On-site Doctors

The following **Doctors** have graciously agreed to be **available** on site for any emergencies throughout the retreat program (**Saturday, August 30th, 9:00 AM to August 31st, Sunday 6:00 PM**).



Doctor's Name	Contact Number
Dr. Disha Saharia	(832) 302-8101
Dr. Ashish Saharia	(713) 882-2997
Dr. Shaili Singh	(512) 587-6355
Dr. Devdutt Nagarkar	(832) 567-2970

Nearest Hospitals

Hospital Name	Address	Emergency Phone Number
Austin Regional Clinic: ARC Far West Medical Tower	<u>6811 Austin Center Blvd Suite 300,</u> <u>Austin, TX 78731</u>	(512) 346-8888
Texas MedClinic Urgent Care - Southpark	<u>9900 S I-35 Frontage Rd, Austin,</u> <u>TX 78748</u>	(512) 291-5577



Items to Bring

Required Items: Medications, Sneakers, soaps, toothpaste/brush, comb, shaving kit

Recommended Items: Water bottle, flashlight, chargers, umbrella/poncho, sunscreen, insect repellent, jacket/sweater





For Infants/Toddlers

Parents will be responsible for the supervision of their children at all times.

You may bring special food for your child. However this food can not be consumed/opened in the main hall or common dining halls due to kosher guidelines in place at the retreat site.

Parents group can take turns to either watch the children or join the program. Please look out for the WhatsApp group '*LDR24-SaiPlayCareForPre-SSEChildren*' under the community '*LDR R10 2024 Retreat*' for more information.

Instructions for SSE Children

Children in SSE groups I through IV will have parallel camp, following a separate schedule.

Children must maintain discipline, as well as listen and follow instructions of the SSE session instructors.

Detailed guidelines of SSE children are available at sairegion10.org/retreat website.

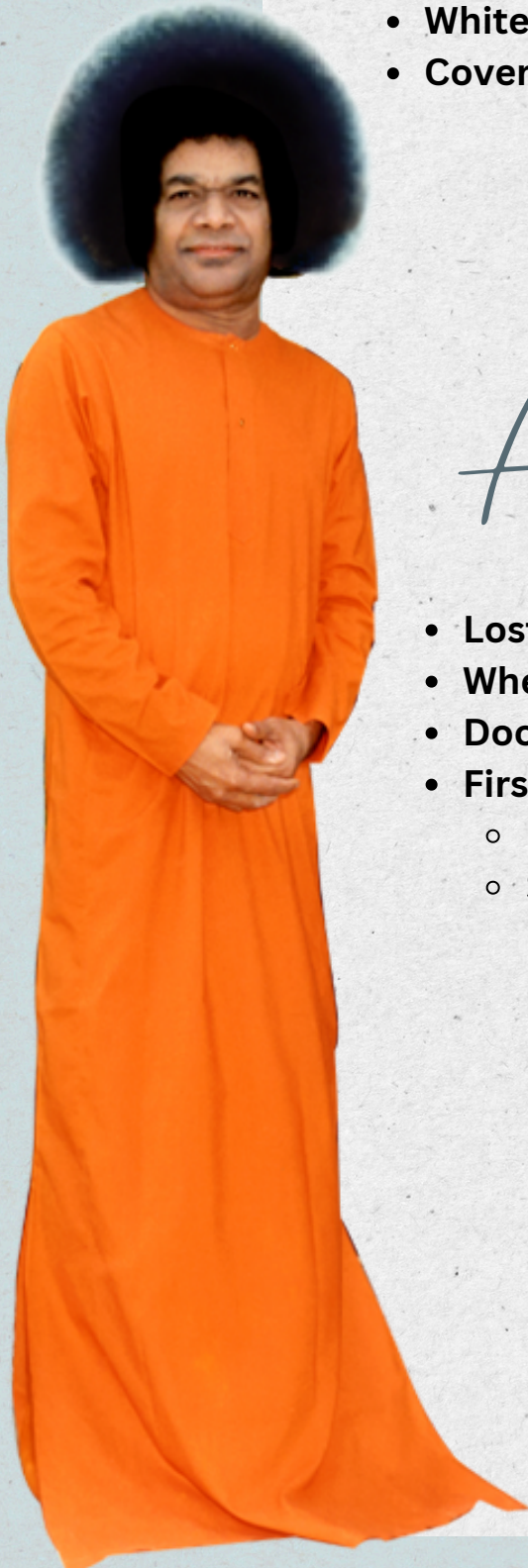
<http://sairegion10.org/retreat>





Dress Code

- **Modest** and appropriate for a serene, spiritual occasion.
- **Whites** are highly recommended for **men**.
- **Covered shoes** are recommended for everyone.



Available at Campsite

- **Lost & Found** at the BookStore in the Main Hall
- **Wheelchairs** (limited in numbers)
- **Doctors on call**
- **First Aid box** Locations at *day time*
 - Main Hall &
 - SSE Area



Contact Information

Registration Inquiry

- **Bimal Nanda** : (214) 541-7381

SSE Program

- **Nimmi Vempati** : (972) 804-6096

YA Program

- **Saipriya Thirvakadu**: (562) 716-4003

Devotional Program

- **Vijayashree Venkatraman** : (214) 882-9905

Service Activities

- **Sreekanth Nair** : (832) 208-6532

Program Inquiry

- **Mahesh Rege** : (832) 314-6023
- **Shiva Prasad Vankammamidi** : (408) 750-6582





Jai Sairam!

