

Retreat Conduct Guidelines

Noble Silence

- **You will be asked to observe noble silence.** Noble Silence means serenity of body, speech, and mind. Participants should seek to limit all forms of communication. Participants may, however, speak with the staff whenever necessary about any issue related to food, accommodation, health, etc.
- **Please be mindful and take great care to avoid generating any noise to disturb others,** be mindful and take little notice of distractions caused by others.
- **You will be asked to surrender your mobile device to us for safekeeping or keep it in your vehicle for the whole duration of the retreat.** We maintain an electronic ban policy in our meditation hall and dormitory during the retreat.

Event Attendance

- Please be on time for all activities during the retreat. We kindly ask you to participate in all scheduled activities and arrive at least 5-10 minutes before.
- Please inform our staff if you plan to leave the retreat early, bid farewell to the instructor if possible.
- There will be small group Q&A sessions from 3-6 pm during the retreat. These sessions serve to clarify the technique and for questions arising throughout the retreat. Attendance is mandatory.

Maintaining the Sacred Space

- Please do not bring any unnecessary items to the meditation room and leave all liquid bottles and personal bags in the coat room.
- While in the meditation room, please refrain from massaging or rubbing oneself or making sudden movements, as it may generate excessive noise to disturb others.
- Please refrain from wearing clothes that may generate an excessive amount of noise.
- If you are entering the meditation room while it is already in session, please move as slowly and as quietly as possible in order to prevent distracting others.

Maintaining Cleanliness

- Please maintain personal hygiene at the retreat.
- Please keep the dormitory, bathrooms, and surrounding areas clean and tidy. Please also do not remove any items from the room. Please follow the checkout procedure to return the dorm room to its original state before you depart. Leave the place as you found it.
- Do not throw sanitary products down the toilet.

Retreat Daily Schedule

	Day 1 (SAT)	Day 2 – Day 6 (SUN – THUR)	Day 7 (FRI)	Day 8 (SAT)	
5:00		Rise & Shine 起板			
05:30 07:30		Morning Pali Chanting, Meditation, Taking Precepts 巴利課誦 / 禪修 / 受戒			
07:30 09:15		Breakfast & Working Meditation 早餐 & 出坡			
09:30 12:00		Dharma Talk & Meditation 開示 & 禪修		Meditation & Dedication of Merits 禪修 & 迴向	
12:00 13:00		Lunch Break 午休	Lunch 午餐	Lunch 午餐	
13:00 14:00			Refuge Ceremony 皈依儀式	Clean Up 場地還原	
14:00 18:00		3-5 PM Check-In 報到	Meditation & Q&A Interviews 禪修 & 小參		2-4 PM Tea Time 茶會交流
18:00 19:00		Refreshments 簡便茶點	Break 休息		
19:00 21:00		Orientation & Meditation 儀規 & 禪修	Meditation 禪修		
21:30		End of the Daily Session 安板			