



RULES & DISCIPLINES

FOR BODY-MIND PURIFICATION RETREAT

1/- Disciplines

- DO NOT kill or harm any living beings
- DO NOT take or use anything without owner's permission
- DO NOT practice sexuality or touch other body (except in emergency)
- DO NOT talk or communicate with anyone by any mean (eyes, gesture, notes, etc..)
- DO NOT use any food, drink or study materials which is not provided by the Teacher.

2/- Rules & Regulations

- Be on time at time of check in
- Read and follow all Code of disciplines
- Stay inside the Center the whole time of the retreat (do not leave the retreat center in the middle of the course)
- Follow the Time table and be at the Hall or location indicated
- Practice NOBLE SILENCE the whole time of the retreat, if you talked and be reminded for 3 times then you will be out of the retreat center
- Keep and wear your Name tag at all time during the retreat and to receive the food and study materials. If you do not wear or have your name tag, you will be out of the retreat center.

3/- Notes:

- Please bring your personal needs and sleeping bag to stay at the center.
- Should have a check list to see what you need to bring so you do not forget anything because you cannot go out of the retreat center in the middle of the retreat.
- Each person need 2 plastic bottles (16oz each) and 1 (8-10oz) cup to receive and use food, juice at the retreat center everyday.
- Please do not bring valuable items to the center. We take no responsibility for any lost or damage of your stuffs.