

# Retreat Guidelines

The retreat will be conducted in the traditional Theravāda Buddhist format and will be held in silence. Participants are asked to refrain from all forms of communication with one another, including speaking, whispering, gestures, or written notes. This guideline does not apply to necessary communication with the teacher or the retreat organizers. Observing silence helps protect your own practice as well as that of others, and creates space for deeper self-reflection.

Participants are asked not to use mobile phones or other electronic communication devices during the retreat. We kindly invite you to leave your devices in safekeeping with the retreat organizers.

Please refrain from wearing revealing clothing, clothing that emphasizes body shape, or using perfumes and scented products. Comfortable, modest clothing is recommended, covering shoulders and knees.

Participants are expected to remain at the retreat center until the official end of the retreat.

## The Eight Precepts

During the retreat, participants are asked to observe the Eight Buddhist Precepts:

Precept of non-harming: to refrain from intentionally taking the life of any living being.

Precept of honesty: to refrain from taking what is not given.

Precept of celibacy: to refrain from all sexual activity.

Precept of right speech: to refrain from false, harmful, or malicious speech.

Precept of clarity: to refrain from the use of intoxicating drinks and substances.

Precept of renunciation: to refrain from eating after midday. During the retreat, vegetarian breakfast and lunch, as well as afternoon tea, will be provided. For medical or other serious reasons, the teacher may allow exceptions. Please inform the organizers in advance if you require a special diet for health reasons.

Precept of restraint: to refrain from entertainment, listening to music, and personal adornment.

Precept of wakefulness: to refrain from excessive sleeping.

These guidelines are an essential part of the retreat and support the calming of the mind, the development of mindfulness, and the direct experience of being present here and now. We kindly ask all participants to be gentle with themselves and respectful toward fellow meditators by observing these guidelines throughout the retreat.