

## **Guidelines:**

Retreats at the Zen Monastery Peace Center are held in the privileged environment, an intimate and safe space for focusing attention inward while doing the work of waking up and ending suffering. In silence, we meditate, work, eat, and take care of ourselves and the Monastery.

Following these guidelines helps maintain the privileged environment.

## **Here are some additional guidelines**

### **Retreat Participation**

- Arrive on time for the retreat.
- Plan to stay for the entire retreat.
- Do not plan to come and go from the property during the retreat.
- Plan to follow the daily schedule and be on time for all activities. In some cases, you will not be admitted once an activity has begun.
- Attendance is required at all activities. Participation is required during group discussions. You will be asked to leave the retreat for non-participation. Your registration pledge will not be refunded.

### **Communication**

- If you are traveling with a cell phone, computer, books, or other reading material, give them to the Guestmaster upon arrival. We will return these items to you at the end of the retreat.
- Not being in communication with the outside world is an essential part of the privileged environment during the retreat. You will not be able to use your phone.

### **Meals**

- Plan to eat the vegetarian meals provided.
- Please do not bring your own food to the Monastery.
- Please dispose of any food you are arriving with before you get to the Monastery.
- It is not possible to store food in your car.

## **What to Bring:**

### **Bedding**

- A sleeping bag or blankets, sheets, and two pillowcases. We operate on solar power and well water. Bringing your own bedding helps conserve resources.

- If you are traveling from a distance and this will be a difficulty for you, please let us know and we will provide bedding.

#### Practice Support:

- It is **mandatory** to bring a hand-held recording device for recording and listening, a set of headphones or earbuds, and extra batteries.
- You may not use your phone as a recorder
- Please bring a journal and something to write with.
- Please plan to use the meditation supplies provided by the Monastery.

#### Clothing:

Bring conscious awareness to appropriate attire in a monastic setting. The guideline for clothing is modesty.

Please do not wear clothing that is form-fitting or that inappropriately exposes skin. This includes tank tops, shorts, midriff tops, tights, leggings, tops with low necklines, and the like.

Temperatures at the Monastery can vary greatly. Please check the weather forecast for Murphys, CA and pack accordingly.

If you want to exercise or walk during the retreat, shorts that are no more than two inches above the knees are permitted.

We recommend loose-fitting clothing for meditation. Only floor-length skirts and pants are permitted in the meditation hall. No calf-length or shorter skirts and pants are allowed in the Meditation Hall.

In addition please also bring

- Sunscreen and a hat
- Two pairs of slip-on in-door shoes. These may be slippers or any shoes with clean soles that are not worn outside.
- A pair of outdoor shoes. You may prefer to have slip-on shoes for ease in taking the shoes off and on.
- Clean socks for wear only in the Meditation Hall

#### Personal Items:

- Toiletries
- A towel
- A cloth napkin
- A watch
- An alarm clock

- A flashlight and extra batteries. Please do not bring headlamps.
- You will not be able to use your phone as a watch, alarm, or flashlight.

**What to leave at home:**

- Alcohol or illegal drugs
- Perfume, cologne, aftershave, or other scented personal products
- Hair dryers
- Musical instruments
- Anything requiring electricity
- Anything requiring refrigeration
- Pets (no pets allowed on retreat)
- Food

We ask that you not bring gifts for the Monastery without checking with us before arrival.

If we can be of assistance, please do not hesitate to call, write, or email the Guestmaster.

Gassho  
Guestmaster

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