



Key Guidelines, Information & Roadmap for Retreat Participants

Essential Rules, Daily Schedule, Yoga Guidelines & Participant Roadmap

Retreat Participant Roadmap

- **1. On-Time Registration:** Arrive on time to register at the resort. Our team will provide initial guidance via a QR code / digital link.
- **2. Accommodation Assistance:** Our team will assist you in finding and settling into your designated accommodation.
- **3. Day One Orientation:** An orientation program will be held on Day 1 featuring an introduction and guidance to mindfulness practice.
- **4. Day One Dinner:** A welcome dinner will be provided on the evening of Day 1.
- **5. Daily Schedule (4:00 AM Start):** The full retreat schedule begins at 4:00 AM each day with alternating periods of sitting/walking meditation, talks, and practice.
- **6. Refreshments & Dining:** Tea and coffee can be brought to and self-served in your room, in addition to the common area tea table. Breakfast and Lunch will be served daily at the restaurant.
- **7. Check-Out & Settlement:** Check-out times vary depending on the retreat schedule. Kindly pay any extra bills incurred during your stay before departure. Stay in touch with UMV!

Note on Meals & Precepts: *Dinner is provided on Day 1. After Day 1, participants observe the Eight Precepts (refraining from solid food after midday). Nutritious breakfast and lunch are served daily at the restaurant, alongside allowable evening liquids (water, juice, herbal tea).*

Essential Rules & Regulations

- **Noble Silence:** Maintain strict silence throughout the retreat to foster deep solitude and support brain rewiring (neuroplasticity). Act slowly, mindfully, and silently to avoid disturbing fellow practitioners.
- **No Mobile Phones or Media:** Mobile phones, television, internet, and other forms of entertainment are strictly prohibited. Urgent family communications must go through retreat organizers.
- **Substance Policy:** Refrain from alcohol, drugs, and other intoxicating substances.
- **Punctuality:** Attend all scheduled programs, sitting sessions, walking sessions, and talks promptly.
- **Dress Code:** Avoid loud colors. A white shawl is compulsory for attending sermons/dhamma talks.
- **Yoga Sessions:** Kindly bring your own yoga mat and an appropriate outfit for yoga sessions.
- **Eight Precepts & Meals:** After Day 1, participants observe the Eight Precepts (refraining from solid food after midday). Nutritious breakfast and lunch are provided, along with permitted evening liquids (water, juice, herbal tea).

Preparing for Your Retreat

- **Managing Obstacles:** Retreats provide a focused environment with minimal distractions under the guidance of an experienced teacher, making them ideal for overcoming meditation hurdles or rejuvenating your commitment.
- **Adapting to the Schedule:** Retreat schedules are intensive (starting at 4:00 AM) with alternating sitting/walking meditation and evening dhamma talks. Gradually increase your daily meditation duration at home beforehand to help your body and mind adjust quickly.
- **Guidance & Q&A:** Dedicated time is allocated to discuss your practice, clarify techniques, and receive direct advice on obstacles from the teacher.
- **Retreat Duration:** Programs range from 1 to 3 / 5 days. Beginners are encouraged to start with shorter durations (such as 3-day retreats) before advancing to longer residential retreats.

More Information & Registration

For detailed guidelines, schedules, timetables, and online registration, visit www.umvsl.org under the “Meditate with Us” section. Stay in touch with UMV!