

RETREAT ETIQUETTE

GENERAL INFORMATION

- HONOR NOBLE SILENCE in the Meditation Hall, on the grounds, in your room, and on the bulletin board. This includes not using your cell phone, laptop or other electronics.
- If you have questions or need anything during the retreat, leave a note for the retreat manager on the bulletin board or quietly take the manager aside.
- The teachers ask that you temporarily put aside other meditation practices in order to make the most of the instructions offered at this retreat.
- If a situation arises where you need to leave the retreat early, please notify the retreat manager. If possible, also speak to the teacher before leaving.

But if you've tested positive for Covid, avoid direct contact and refer to the Safety Protocols on the other side of this sheet.

- Remember to do the "Metta" sneeze and cough, into the elbow or shirt collar, not into the hands.

MEDITATION HALL PROTOCOL

- The Meditation Hall is for formal sitting practice only—not for walking meditation, yoga, or relaxing with a cup of tea. If you're having difficulty sitting upright, ask the teachers for advice on other options. Refrain from lying down in the Meditation Halls unless instructed to do so.
- Leave food, bottled water, and cups outside the Meditation Hall.
- Turn off beeping watches and clocks.
- Use fragrance free body products and detergents. Help yourself to TCVC supplies near the bulletin board if your products are scented.
- Be on time for scheduled sittings and talks and stay for the duration. Leave only in an emergency. If you have a practice check-in during a sitting period, sit or walk outside the Meditation Hall.
- If someone beside you is snoring or breathing loudly, tap them lightly.

IN THE REST OF THE BUILDING AND GROUNDS

- The buildings at Koronis are accessible at all hours.
- Beverages are available in the dining hall at any time.
- Practice yoga, qi gong and other movement in the upper and lower meeting rooms of Pine Lodge or outside in the playground area between the campus buildings. Refrain from doing these practices elsewhere. (A short stretch is fine.)
- If you're using the shared showers, begin no earlier than a half hour before the wake up bell and end a half hour after the final sit.
- Move with a sense of quietude and respect for everyone's practice. Close doors gently and with mindfulness.

COVID SAFETY PROTOCOLS DURING THE RETREAT

We're depending on one another to stay safe and healthy during the retreat. TCVC expects everyone to read and follow these safety protocols.

- **Masks** are optional and also welcome. If you have any kind of cold symptoms, please wear a mask. Masks are available in the TCVC supplies basket near the bulletin board.
- **Wash your hands**, lathering with soap for at least 20 seconds.

Use hand sanitizer before going through the mealtime buffet.

- **If you have Covid symptoms, wear a mask and test immediately.**
Masks and Covid tests are available in the TCVC supplies basket near the bulletin board. If there's any indication that you may have Covid, please take a test.

Covid symptoms include

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

- **If you test positive** during the retreat, you must leave the retreat center as soon as possible. If you're unable to arrange immediate transportation to your home, you must quarantine somewhere else. There are several hotels in the Paynesville area.

There's no need to check in with anyone in person before leaving. Try to leave during a sitting meditation period to avoid exposing others. If no one knows you're sick and leaving, call Koronis staff at 320-243-4544 to let them know. They will let the teachers and manager know that you've left.

In an emergency don't worry about Noble Silence

Call 911 if necessary. Use any phone in the Lakeview front offices or the kitchen.

Koronis staff members carry cell phones. Ask any them to call 911 or assist if needed.

There's a defibrillator hanging on the wall in the dining room, beside the elevator.