

# WHAT TO EXPECT ON RETREAT

## **Retreat Format**

The retreat format consists of alternating periods of sitting and walking meditation. The teachers provide instructions along with a daily talk. There is at least one question and answer period each day. The schedule is designed to build momentum in your practice. We usually rise around 5:30 AM and the last sit ends about 9:00 PM. The schedule is a guide. We encourage you to make the most of your time and the instruction of the teachers. We also encourage you to take good care of yourself and listen to what your body needs.

## **Check Ins**

Check ins are relaxed, low-key ways to talk about your experience with the teacher. They provide an opportunity for you to ask questions and receive individual guidance in your practice.

## **Sitting**

Feel free to experiment with your sitting arrangement. It may take awhile to discover a style of sitting that feels right. You may sit on a cushion, bench or in a chair. You will need to bring a large square zabuton or heavy folded blanket if you use a pillow or bench. Cushions are available at the retreat center, but not enough for the whole group. Chairs are also available. Many people alternate between a chair and cushion or bench.

## **Noble Silence**

With the practice of noble silence throughout the retreat center, yogis are expected to refrain from visual, verbal and written communication with each other. This helps maintain the precious gift of solitude, even while among many other meditators. You will also be encouraged to take care with the noise of opening and closing of doors, and other activities.

We ask that you make arrangements prior to arriving at the retreat for someone outside the retreat to handle any communications you may need to take care of during the time period. In this way, you can maintain the integrity of your own practice and protect the retreat environment for everyone else as well.

## **Five Training Precepts**

Everyone is expected to undertake these Five Training Precepts during the retreat. In abiding by the precepts, we contribute to the safety and well being of everyone on retreat, and also to the staff at Koronis, the greater community and even the animals, large and small, that live nearby.

- Not to harm any sentient being—even an insect; instead, to respect all life.
- Not to take what is not freely given: not to steal or borrow without consent. To accept what is offered without trying to change it in any way.
- To abstain from sexual activity during the retreat.
- Not to harm another through inappropriate speech: not to lie, gossip, or use harsh or hurtful language. On retreat, this means observing noble silence.
- To abstain from alcohol, drugs, or other intoxicants.

## **For More Information**

Please don't hesitate to discuss any questions you may have with the registrar or manager of the retreat. We want to make your retreat as rewarding as possible. We look forward to serving you.