

COURSE GUIDELINES

The ten-day residential courses are conducted in the practice of the Eightfold Noble Path as taught by the Buddha, which comprises three stages of training: morality (*sila*), concentration or control over the mind (*samadhi*), and wisdom or insight (*pañña*).

One should come with the understanding and intention to enter a ten-day retreat, remaining at the center for the ten days. The training, if followed diligently, will result in a calmer mind through the practice of respiration mindfulness, and ultimately, after eradication of impurities through Vipassana meditation, in the realization of the 'Nibbanic Peace within'.

To achieve a state of mind perfectly attuned and in balance, it is essential to start with a stable and sound base of conduct (*sila*). For the duration of the training therefore, each student is asked to observe the five precepts as follows:

1. To refrain from killing
2. To refrain from stealing
3. To refrain from sexual misconduct (here, total celibacy)
4. To refrain from lying
5. To refrain from the use of intoxicants and drugs

OLD STUDENTS [OR EVEN NEW STUDENTS (who wish)] FOLLOW ADDITIONAL THREE PRECEPTS

6. To refrain from untimely eating (i.e. after noon)
7. To refrain from dancing, singing, playing music, wearing cosmetics, perfumes, jewelry.
8. To refrain from using luxurious beds.

During the courses students will have to give up their previous practices, and all spiritual activities. While at the center, students should not wear or bring with them religious jewelry or other items that could have spiritual connections or reading material of any kind. We would also like to ask the students to put their mobile phones away upon arrival. The use of mobile phones by students has been a major disturbance on courses.

Observance of *noble silence* throughout the training period will be very beneficial and conducive to a better appreciation of the teaching. This means that the students should not talk amongst themselves, but they may of course speak to the teachers and staff at any time. There should not be any contact between men and women during the course. Even on the last day, when the students talk among themselves, couples should avoid private conversations until they have left the center.

The teachers will hold daily interviews with the students, which everyone is asked to attend.

TIMETABLE

04:00 AM	WAKE UP
04:30 – 06:00 AM	MEDITATION
06:00 – 07:30 AM	BREAK
06:30 AM	BREAKFAST
07:30 – 08:30 AM	MEDITATION
08:30 – 09:00 AM	BREAK (OPTIONAL)
09:00 – 10:00 AM	MEDITATION
10:00 – 01:00 PM	BREAK
10:30 AM	LUNCH
01:00 – 02:00 PM	MEDITATION
02:00 – 02:30 PM	BREAK (OPTIONAL)
02:30 – 03:30 PM	MEDITATION
03:30 – 04:00 PM	BREAK (OPTIONAL)
04:00 – 0500 PM	MEDITATION
05:00 – 0700 PM	BREAK
07:00 – 0800 PM	MEET WITH TEACHER
08:00 – 09:00 PM	MEDITATION
09:00 PM	BED TIME

Please note: These guidelines may vary depends on the Conducting Teachers' instructions and also due to the constraints in non-center location facilities.