

# **Rules and Instructions**

## **Rules**

1. Yogis must observe the Eight Precepts at all times.
2. Yogis **must not talk to each other** except for urgent matters.
3. Sitting and walking meditations and all other activities such as stretching etc. must be done with mindfulness; **All actions must be performed gently and mindfully.**
4. Yogis must sleep in a room allocated to them by the Yogi-caretakers. Yogis will not be allowed to sleep in other places without permission.
5. Beddings and personal clothing must be kept neatly folded.
6. All yogis must abstain from wearing dresses which are not suitable for meditation retreat. Yogis may wear white or plain-coloured shirts/blouses with sleeves, loose pants or longyis (sarongs).
8. Yogis are not allowed to leave the Meditation Retreat grounds unless on emergency or under unavoidable circumstances. Yogis must get prior permission from the retreat in-charge.
9. Yogis must not smoke or chew betel leaves or tobacco.
10. Visitors are not permitted to enter the Meditation Retreat Hall or Yogis' Rooms.
11. A Yogi must be a healthy person and must not be suffering from mental illnesses or any contagious disease.
12. If a Yogi does not feel well or face any problem during the retreat, he/she must inform the SMC retreat in-charge immediately.

## **Instructions**

1. All Yogis are required to bring their own change of clothes, water bottle and toiletry items such as soap, tooth brush, tooth paste etc, and must not bring any valuable items and jewelleryes.
2. Yogis must bring own sleeping bag / mattresses, pillows and blankets.
3. Before leaving the Meditation Centre, Yogis must clean up their places and ensure that no personal belongings are left behind.
4. All yogis should reach SMC **at 3:00 pm on 28 May 2010 (Fri) for checking in.**

Visit this link [http://www.smcmeditation.org/SMC\\_map.htm](http://www.smcmeditation.org/SMC_map.htm) for direction to SMC ( if you have never been to SMC before )