



EDMONTON BUDDHIST RESEARCH INSTITUTE

TU VIỆN TRÚC LÂM

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PREPARATION FOR THE RETREAT

What to Pack

Bring with you Buddhist lay robes, Zen Buddhist lay clothing or la-Han.

While attending the retreat, please refrain from wearing every-day clothing.

Remember to bring:

- medications
- refillable water bottle
- extra jackets
- necessary personal items

Please do not bring valuables and expensive items.

Retreat Rules

To dignify the body, mind and ashram, as well as foster true happiness and spiritual life of each individual and the religious community, please practice the following rules while staying at the retreat:

1. Speak graciously, openly, happily without attachment.
2. Remain silent while listening to the Dharma, meditating, eating and going to sleep.
3. Avoid gossiping and senseless discussions. Practice speaking only when necessary and with right tone to not disturb others.
4. Maintain grace and mindfulness when walking, standing, lying and sitting.
5. When hearing the bells, gather at the designated place in prompt manner (except when you have assigned duties).
6. Only those with kitchen and dining hall duties are allowed to be in the kitchen.
7. Fulfil assigned duties with dedication.

8. Keep rooms and amenities clean and tidy.
9. Avoid bringing precious items to the retreat.
10. During the retreat, refrain from using the phone to avoid external distractions.