

Meditation Retreat Participant Guidelines

Dear Participants,

Welcome to our Meditation Retreat! We are thrilled to have you join us for this transformative experience. To ensure a peaceful and fulfilling retreat for all, please adhere to the following guidelines:

General Guidelines

- Please arrive on time for all scheduled sessions.
- Practice silence during meditation sessions and communal areas.
- Maintain a respectful and compassionate atmosphere towards fellow participants.

What to Bring

- Comfortable clothing suitable for meditation.
- A personal meditation cushion or mat, if preferred.
- Reusable water bottle and any personal snacks.

Health and Safety

- Inform the staff of any medical conditions or dietary restrictions.
- Practice mindfulness during physical activities.
- Respect personal space and allow others their privacy.

Thank you for your cooperation. We look forward to sharing this journey with you!

Sincerely,
The Retreat Team