



# PureDhamma retreats

## Terms & conditions

Please read these terms and conditions carefully before submitting your application for the retreat.

We come to train in the ways of Dhamma. Pure Dhamma retreats are an authentic way to train in the disciplines of meditation, silence and commitment to practice. Although the environment is one of love and support, the student is expected to give the best of themselves and honour the programme in every detail.

All retreats are in silence. The participants are asked to move slowly and elegantly. There is no personal contact between the participants, and neither reading nor writing is permitted. Apart from the first and the last day, the programme starts at 5am, and ends at 10pm. The daily routine consists of sitting and walking meditations which alternate with Dhamma talks and full instruction from Michael. After the meals, there are breaks.

One to one private interviews with Michael are an integral part of long retreats.

In our Pure Dhamma tradition it is compulsory that all participants begin and end the retreat together, and as a complete unit. Therefore, please ensure that you will arrive before the dinner on the first evening, and depart only after lunch on the final day.

All talks and the interviews are in English without translation.

Accommodation.

Retreat participants cannot select the room category (single or shared) that will be attributed to them. A preference can be expressed but without any guarantee of satisfaction.

In case of shared rooms, couples or members of the same family do not stay together.

Food.

All Pure Dhamma retreats offer three meals a day. All meals are vegan in alliance with the teachings of Ahimsa (harmlessness), and love and respect for all beings.

Daily Programme.

The Pure Dhamma retreat programme has been developed over many years to give the best opportunity for students to practice in the correct way. Unless there are exceptional circumstances (illness or physical disability) everyone is expected to follow this programme to the best of their ability.



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### Dress.

Dress at all time should be modest and in harmony with the principles of discretion and reserve, therefore shorts and summer wear should not be worn.

### Activities.

As we encourage all students to leave the world behind for the duration of the retreat, activities (e. g. Yoga, Tai Chi, Chi Gong etc.) other than sitting and walking meditation are not permissible.

### Self responsibility.

Please make sure to bring all your personal requirements for your stay on retreat, such as toothpaste, toothbrush, soap, etc.

We also ask everyone to come prepared and bring everything they think they may need for the meditation sessions (cushions, mats, blankets and loose comfortable clothing).

Participants who use meditation stools or back rest chairs are asked to sit along the sides of the Dhamma hall.

### Cosmetics.

Perfumes and scented cosmetics should not be used on retreat.

### Medication.

If you are taking any prescribed medication please notify the Pure Dhamma team and ensure you have sufficient for the duration of the retreat.

### Internet.

The use of tablets and smartphones etc, on retreat is not permitted. Pure Dhamma retreats operate on an honour system of personal conduct and behaviour.

The sole and loving objective of Pure Dhamma is to offer the best conditions for training.