

Welcome information and Guidelines

(Please review each item)

1. One on one sessions with other facilitators (Henry offers Shamanic Coaching and Ardea offers Thai Massage and Cranial Sacral) may be available upon request. Please let us know if you're interested in arranging a session. Payment for these sessions can be made by cash directly to the facilitator or sent via email transfer to them.
2. You will have received a post-retreat checklist. Please insure on your departure date that you have left the space the way you found it.
3. Scheduled meditation sits and meetings with Dan and Tanya are available most days at no cost, and dana is appreciated. On your arrival we will confirm the meditation schedule and times we will be available
4. Extra seva. If you are willing or able to do extra work, there are usually lots of jobs on the property and we would be grateful for the help.
5. The message board is the back of the dining room door itself, lined with magnets. Leave messages for Dan and Tanya if you're maintaining silence during your stay, and look for messages here. There are scraps of paper and pencils to leave a note.
6. Please use electronic devices briefly and only for pressing matters, and only in the library. **Using these devices creates discontinuity in your practice.** In case of a true emergency, if you need a land line you are welcome to use the blue phone in the library (which is a WIFI phone), or the dedicated land line at our house (the log house up the hill). The emergency phone is located in the library, but is kept unplugged. If you need to use it in an emergency you will have to plug in the phone cable. Dan and Tanya's phone number at the house is taped to the phone.
7. Bug jackets and umbrellas are located in the closet by dining area.
8. Bathrooms - feel free to use the bathroom off the Zendo any time between sits. Please leave the door open when not in use, as this lets people know that it is free.
9. Please only use the showers during non-sit times. During sits we want the building to be completely silent. Please minimize entering and leaving the building, closing doors etc. while meditation is in progress.
10. Silence vs. no noise. The no-talking rule is not optional. We try to be as silent as possible but sometimes of course we make noise (sneezing, moving, coughing etc), and it is the job of each meditator to maintain inner equanimity. Don't sweat it if you accidentally make noise- it happens.

11. We ask that you do not make eye contact with others on personal retreat. There is no need to acknowledge people when you pass by them. This is not considered rude at the Samadhi Center, just a practice that encourages more constant contact with our own inner world.
12. We keep the heat in the building at an average 68 degrees, which seems to work for most people. Please bring layers if you like to be warmer or cooler. Please do not adjust the thermostats higher than 68.
13. The dana box is located at the top of the stairs in the library.
14. Hiking and walking trails are marked on your map. Feel free to explore up to the log home/ hilltop studio. Hunting season is in November, and orange hats are available for use.
15. In the Zendo there is NO LYING DOWN. Even the most experienced meditators tend to fall asleep when horizontal. And also please do not lean against the walls. If you are tired, please stand, walk or open your eyes to stay more alert.
16. Please do not use perfumes or scented products.
17. Please refrain from using bug sprays. We have no problem with people killing mosquitoes.
18. Please bring a device to wake yourself up in the morning.
19. There is a medicine chest in Zendo washroom containing earplugs, band-aids, cough drops etc.
20. Towels- try to re-use as much as possible. If laundry is required with lengthy stays, please arrange with Dan and Tanya.
21. Those staying in cabins are encouraged to enter the main building through the back door so that you do not disturb people in the dorms.
22. Please do not touch the gongs with bare hands. The oils from hands will permanently damage the finish. Also never strike a gong in the center unless it is warmed up (ie. already vibrating). You can use the gongs and instruments as long as it is acceptable to the other participants.

~ Thank you! ~