

## **Daylong Retreat Guidelines**

- Please arrive 15 min. early to register and settle in
- Retreats will be held in silence, including lunch time. A time to practice mindful eating
- Turn off phones, beepers and alarms
- Please note that retreats are scent-free. Do not wear any perfumes or other scented products as many people have allergies
- Wear comfortable clothing suitable for sitting and walking periods
- Except for emergencies, retreatants should not enter or leave the hall during a sitting
- Please bring a vegetarian lunch that does not require heating
- Tea and hot water will be provided
- Do not bring any food or drinks into the sitting area (space provided for storage of coats/food etc.)
- If it is necessary to move during a sitting period please do so slowly and silently
- Please stay until the end of the retreat. If you need to leave early, please find a moment to speak with the teacher
- DANA: Dana is a Pali word for “generosity”. Generosity helps to open our heart and supports the many wonderful teachers who freely share their time and understanding to teach the path of tranquility, insight and compassion. The teachings have been offered freely since the time of the Buddha and they are considered priceless. Please give according to your means. Cash (preferred) or cheques to Open Heart Mindfulness Community
- Location: 2<sup>nd</sup> floor Lecture Hall, 30 Sunnyside Ave, Sunnyside Wing of St. Joseph’s Health Centre
- Parking: There is limited 1 hour street parking. Best to take the TTC or see the [St. Joe’s website Parking Page](#) for details

[openheartmindfulness.org](http://openheartmindfulness.org)

[facebook.com/OpenHeartMindfulnessCommunity](https://facebook.com/OpenHeartMindfulnessCommunity)