



# Guidance for Day Retreats

## Welcome

Welcome to an ALBA Day Retreat. Today we will spend time practicing sitting and walking meditation, listening to reflections and participating in sharings around the theme.

Please park your car in the visitor car park (Dec-March) and in the fields (April-November) (see map).

## Register

Register when you arrive in the Retreat Centre shrine room. There is a donation bowl if you wish to make a donation.

## Food

Please bring your own packed lunch, bottled water/hot drinks with you to have in the eating area, fields, cloisters or in your vehicle.

There is a café in the garden centre in Great Gaddesden.

## Toilets

Toilets are located near the library.

## Shrine room

Use the ramp on the side of the Bodhinyana hall to enter the shrine room. Choose a mat or chair. Try keep to that for the rest of the day. There are cushions in the cupboard at the end of the room. Do not bring cups, just bottled water to avoid spills.

## Walking meditation

You are welcome to use the field at the back of the shrine room or the cloisters near the temple. Please do not enter areas marked 'private'.

## Noble silence

We maintain Noble Silence, refraining from unnecessary speech unless you have a question. We ask you to turn off and not to use mobile phones within the Amaravati grounds, to avoid disturbing others.

## Clothing

Modest clothing; so not too tight or with deep neck lines, covering your shoulders and knees when you sit cross-legged.

## Fire alarm

If the fire alarm goes off, please leave by the nearest exit and assemble in the cloister area. Only return to the shrine room when you are told it is safe. If you need to leave early, please write on the register next to your name the time that you are leaving or inform one of the members running the event - this will help in the event of a fire.

*If you have any questions, do feel free to ask a member running the day, who will be happy to help you.*

Finally, we hope you enjoy the Day Retreat

# Map of monastery

