



MEDITATION RETREAT CODE OF CONDUCT

Before even one should read this document to be an eligible student, you are requested to read the Code of Conduct laid down for being an on line or off line student on TY website

(<https://www.traditionalyoga.co.in/>) . This elucidates the criteria meant to be a serious aspirant as per vedic lineages from greater Himalayan traditions in detail for self realisation. During the meditation retreat we go very deeply into the practice. The process is delicate and powerful and the retreat offers the rare opportunity to skillfully work with the mind at its subtlest level. So, for this process to be as smooth and fruitful as possible we need to carefully maintain the right conditions throughout the course. This is for the benefit of our own practice as well as to ensure that we do not disturb the progress of others. For this reason, we respect a strict code of conduct that has been handed down in traditional systems for centuries.

Yama

The first step of Patanjali's Noble Eightfold Path is Yama and represents the resolution to give up any action that causes harm to others or ourselves by body, speech or mind. It is the foundation that enables progress in meditation. The Five Yama are observances outlined by Patanjali:

- Ahimsa – nonviolence, to remove anger or hatred from the mind
- Asteya – non stealing to remove greed from the mind
- Satya – truthfulness to remove fear from the mind
- Brahmacharya – non sexual misconduct to remove lust from the mind
- Aparigraha – non addiction to prevent slavery of the mind for taste

During the course, please refrain from the following:

- Avoid purposefully harming any insects or picking up any flowers
- Do not wander outside looking in to nature or visiting other places
- Do not wander outside, visit other attendee rooms, or sit in the hotel **lounge area** during any breaks. Kindly take rest in designated rooms provided to you to prevent attack of Maara or Lucifer effect that diverts seriousness to prevent samadhi or peace, thus causing obstacles to fruition of efforts in meditation causing agitation etc
- Do not take without permission, anything from outside that does not belong to you – such as from the retreat center, hotel, meditation hall or any of the places we visit.
- Do not take any plates, cups, food, drink, fruits, snacks etc from outside or dining hall to your room without permission
- Do not do any individual exercises other than group practices given by Guruji during the retreat within the hall.
- Do not practice any other forms of meditation that are not given as part of the course.
- Maintain hygiene. Do not litter in the meditation hall, your accommodation room, while visiting other places or in the vehicle used for transportation.
- Keep the room tidily and orderly – Hotel staff clean the room everyday but keeping the room orderly is the attendees responsibility. Guruji occasionally visits to ensure the well-being of the retreat attendee. It is expected that the room will be orderly and presentable - bed linen, towels, shoes etc should be in place, no litter anywhere.
- Maintain toilet decency – keep the toilet clean after use for the next person. Do not unnecessarily wet the toilet floor or scatter toiletries or oils. Please do not flush sanitary napkins

Use of electronic devices: During the retreat, you will be required to deposit your phone and electronic devices other than smart watch(sim should be removed) with the chief volunteers. If you are a volunteer or as a special case allowed to have any electronic device

- Do not use mobile/camera/device for recording or taking any photos or videos during the retreat
- Do not make any personal audio or video recordings, or take photos without permission during any visit

Sharing contact information, personal particulars, any digital information or books or reading materials with anyone is strictly not allowed during the retreat or while travelling to the retreat and back. Prior permission needs to be obtained to share contact information even in case of travelling together

Clothing and accessories:

- Avoid tight clothing, clothing with holes, shredded or ripped in any place, exposing the body. Avoid any bright colors or designs and opt for neutral shades of clothing. Clothes should be loose and comfortable and adequately cover the shoulders, knees, stomach or navel, seat, thighs, etc .
- Do not wash clothes in the room except your underwear and socks. Make use of the hotel laundry services for all other clothing. (Note: Laundry services are charged separately, please pack clothing accordingly)
- Avoid use of perfume, aftershave, scented creams or products. Meditation leads to the senses becoming very keen and sensitive, so what usually smells pleasant can be overpowering. It is customary not to wear jewellery and make-up. No personal soaps or perfumes and products are allowed other than provided by Traditional Yoga to allow breathable environment in meditation halls and buses

Food:

The meals and nutrition provided during the retreat are carefully planned, formulated and prepared to meet the energy requirements of the attendees and facilitate best results from our practices. **In case of any discomfort, please inform your designated retreat volunteer or chief mentor. Any special dietary requirements or restrictions need to be informed ahead.** Any exceptions without prior permission will be considered as breach of conduct and students will be removed from the retreat.

Kindly note:

- No outside food or snacks or ordering the hotel staff for choice of food
- No intoxicants
- No fasting is permitted
- You are not allowed to decline the provided food and nutrition; prior permission will be required
- No self ordering within the hotels
- No preparation of private nutrition in the rooms or use of own kettles allowed without prior permission

Noble Silence (Arya Mouna: Silence to become noble and experience absolute silence)

Noble Silence means silence of body, speech, and eventually mind. We avoid any form of communication with fellow students, including family members, children, retreat centre staff, drivers, tour guides, etc. It is only permissible to communicate with the retreat mentor, but no other volunteer. Please let your friends and family know that you will be out of contact during the retreat. We will supply a phone number that would be picked up by a volunteer who would immediately notify you **ONLY** in case of an emergency.

Noble silence includes refraining from:

- Speech apart from with the retreat mentor
- Sign language and gestures
- Eye contact
- Written notes
- Reading and writing
- Email
- Phone calls or text messages
- Radio, TV and music.

We observe noble silence from the time Guruji announces the start of the silence until he announces the breaking of silence. After this we can speak to each other, but we request that you respect and treasure the opportunity to connect to your soul in silence as much as possible. Please refrain from talking more than necessary and understand that your fellow attendee may not be so interested in talking to you. The only exception of silence is communication with the retreat mentor only when required.

In the meditation hall: Noble silence applies at all times irrespective of the start or breaking of silence – you must strictly maintain Yama. Avoid bringing plastic bags, wearing ornaments or using anything that may make noise and break the silence in the hall.

In the room: With room-mates or co-dwellers, noble silence applies. Order of timing should be demarcated on the first day of arrival in case of using any common facilities in the room, like using wash-room etc.

While travelling in a group: Noble silence applies with respect to other retreat attendees, other attendees family or children, any vehicle drivers, hotel staff, tour guides etc.

You must make an effort to move silently and mindfully during the retreat, particularly in the meditation hall. Please choose shoes judiciously to avoid making any noise while walking.

Violation of code of conduct will be viewed seriously and such students will not be allowed to continue the course. Dana is the virtue of unconditional generosity and unattached giving through donation to a good cause. Hence, any donation once paid cannot be refunded under any circumstances.
