



## NBW Community Retreat Guidelines

### Retreat address

St Columba's House, Maybury Hill, Woking. GU22 8AB. Tel 01483-766498.  
There is ample on-site parking. The building has lift access to rooms.

### Welcome

This is a serious retreat rather than a mini-holiday, and to attend you should have at least taken the Newcomers' & Beginners' Class and perhaps attended a couple of our meditation sessions.

- You may not bring guests that have not attended NBW events.
- No to-ing and fro-ing to shops, etc.
- Alcohol is not allowed at any time on the retreat.
- No phone calls (except in emergency) and switch off mobile phones.
- You have come on a Retreat in order to learn...
  - to meditate well when sitting, standing, walking, eating and going about ordinary life
  - from silence and peace
  - from like-minded individuals
  - from your 'attachments' and the motions of your own mind.
  - from Dhamma talks and group discussions

### What to bring and not bring

Shoes are not worn in the meditation hall. Indoor shoes or slippers may be worn in other rooms.

You may sit on a chair or meditation cushion. If the latter, then bring your own.

A notebook is useful for noting your thoughts and questions during Dhamma talks and free time.

Feel free to bring reading material related to Dhamma teachings

Candles and incense are not allowed.

Please do not bring unnecessary digital devices or office work or hobby materials.

### Support

If you have difficulties of any kind while meditating then at the end of the session please speak confidentially with one of the Session leaders.

### Meals

Vegetarian / Vegan meals are provided. Eating is part of meditation, so we eat mindfully i.e. slowly and with awareness of the sensations and motions involved. It is advisable to eat modestly, since drowsiness may arise, esp. in the afternoon.

## Noble Silence

Practice silence in every movement (for example, remember to shut doors quietly).

For some of us the most difficult dimension of staying on a retreat is also its most fruitful, namely, overcoming a desire to 'do something' rather than sit in silence. It's only a few hours of our lives – perhaps the most significant – let's just sail through it peacefully.

'Silence' means refraining from speaking unless you really have to speak. (However, there should be no 'guilt' associated with having spoken, of course.) As for comparing experiences with each other, it is better to do this, if at all, after the Retreat, not during it. The periods when Noble Silence is not observed are on arrival (when there will be a 'briefing'), and during the Dharma talk/instruction period, and on departure. Please hold the doors so they do not slam.

## 'Leaving no trace' practice

Be mindful of what you may be leaving behind you. Clear away anything you have used or eaten before leaving a space. Your **laundry** must be put out before leaving – you will be advised of this on arrival.

## Car Lifts

To reduce environmental impacts you may wish to offer or take a lift. Let us know now if that is the case, telling us which town you live in.

## Contact

Questions to [retreats@newbuddhaway.org](mailto:retreats@newbuddhaway.org). If it is urgent, call Geoff on 07741-281820.

WISHING YOU A PEACEFUL AND FRUITFUL RETREAT.

