

# ***SOME INSTRUCTIONS AND ADVISE FOR THE VIPASSANA RETREAT***

**In order to protect your mind from outside influences, we ask you to:**

- Maintain complete silence
- Do not leave the confines of the Institute
- Leave your cell phones at the reception for the whole retreat and bring an alarm clock (phones will be put in a safe place).
- Do not bring your computers, tablets, etc.
- Do not consult the books in the library
- Do not read the announcements on the various boards in the Institute.
- Do not make direct contact, either by gesture or in writing, with other retreatants or with the Institute staff. In case of need, leave a message on the board at the entrance of the gompa.
- Do not use any perfume that might bother other retreatants in the meditation room.
- Take the bare minimum in the meditation room.
- Do not engage in other practices than Vipassana between sessions (sadhanas, reading sutras, mantras...) unless you have daily commitments.