

Samma Karuna

Awakening & Healing Program

Course Introduction – Version 1.7

Welcome to Samma Karuna



Dear student,

A very warm welcome to Samma Karuna. We're delighted you're here.

Our Awakening & Healing Program is designed for those who wish to live more joyfully and authentically grounded in self-development, acceptance, and celebration. During your stay, you'll have the space, tools, and support to reconnect with your inner wisdom through lived experience.

Our team of senior teachers and caring staff are here to make your time with us nourishing, safe, and uplifting.

If you have any questions at all, please come by the **Welcome Center**—we're here for you.



May you be happy,
Ishi – School Director

About the Program

Every person is unique, and so is your training.

- **Structure:** 4 modules, each one week long.
- **Focus areas (6):**
 1. Strengthen the Body
 2. Open Energy Channels
 3. Remove Blockages
 4. Quiet the Mind
 5. Receive & Give Love
 6. Celebrate Life

A cornerstone of the program is the **Awakening Class**, designed to support all practices.

 *We recommend choosing 2–3 areas per week so you can integrate deeply. Once you have your personal schedule, please commit fully—your presence and consistency are key to success.*

Personal Interview

New students are encouraged to request a **personal interview** with a senior teacher at the Welcome Center. This helps align your program with your personal needs and goals.

Long-term students may also receive follow-up sessions for continued guidance.

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Support & Emergencies

Welcome Center Hours

- Mon–Sat: 08:00–19:00
- Sun: 09:00–18:00

Contacts during hours:

- +66 (0) 77 377 049
- +66 (0) 83 705 9740
- +66 (0) 62 051 2572

For major emergencies (anytime):

- Bow: +66 (0) 78 431 97
 - +66 (0) 98 554 7748
 - Ishi: +66 (0) 61 701 0840
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School Rules & Regulations

To keep our environment harmonious, safe, and nourishing:

Rules

- Respect all forms of life
- No violence or intentional harm
- No intoxicants (alcohol, tobacco, drugs)
- No stealing
- Treat everyone with kindness and respect

Daily Etiquette

- Arrive **5 minutes early** for classes

- **Noble silence** 23:00–09:00 (except beach gathering area)
- Shoes off in halls & restaurant
- Switch phones off during classes
- Keep spaces clean: mats, feet, lights, fans
- Toilets: paper in bins (not the toilet)
- Waste: organic in bins; plastic bottles in recycling basket

Practice Guidelines

Still Meditation

- Maintain noble silence
- Upright, comfortable posture; move only if needed, slowly
- Phones off; avoid large meals before
- Focus on breath & sensations at the nose/upper lip
- Do not lie down in the hall

Yoga Asanas

- Inform teacher of any conditions
- Never force—challenge, don't strain
- No comparing/competing; awareness on your body
- Stop immediately if in pain

Active Meditation

- Fully engage until you become the observer
- Avoid comparing to others
- Try each meditation several times before deciding
- Do not leave mid-session

Awakening Class

Not about “learning something new,” but about **remembering yourself**.

Through talks, sharing circles, and exercises, you'll explore conditioning and step into a freer, more alive version of yourself.

Useful Information

- **SIM cards:** AIS/DTAC (~50 THB) recommended
 - **Emergency numbers:** General 191 | Tourist Police 1155
 - **Hospitals:** Koh Phangan Hospital, Bandon International, First Western
 - **Laundry:** 60 THB/kg; 1–2 days turnaround
 - **Water:** Free refill stations next to the Welcome Center and in front of the outdoor public toilets.
 - **Motorbikes:** Rent only if experienced; recommended shop: *MY HUT Rentals*
 - **Wi-Fi:** Samma Karuna (public) / Password: happiness
 - **Nearby shops:** Art-Café, Big Mountain Restaurant, 7-Eleven
 - **Massage:** Karma Massage (on campus), Papaya (Sri Thanu)
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Feedback

Loved your stay?

Please share your experience online:

- **Tripadvisor:** <https://www.tripadvisor.com/>



Something not right?

We want to listen and support.

1. Talk to us at the Welcome Center
2. Leave a note in the feedback box (entrance of Welcome Center)
3. Email: management@sammakaruna.org



✨ Thank you for joining Samma Karuna. May your time here bring insight, kindness, and celebration.