



Ti-Ratana Penchala Community Centre
A member of Ti-Ratana Welfare Society

MEDITATION RETREAT BY AJAHN JUMNIEN
VENUE : CHIN SWEE CAVE TEMPLE, GENTING HIGHLANDS
DATE : 8 – 11 JUN 2011

Rules & Regulations:

1. Participants are required to **stay-in** during the whole duration of the retreat, and to observe all the rules & regulations pertaining to the retreat.
2. Meditation Retreat fees @ RM225 per person (base on twin sharing – 2 person to a room). Fee is inclusive 3 nights accommodation, 3 breakfast & 3 lunches. Dinner is not inclusive therefore we would like to advise participants if you are not observing 8 precepts due health reason or any other reason, please be self sufficient. Hot water is available.

Cancellation, Postponement or No Show Charges

Less than 07 days prior to arrival date	:	100% of the total estimated amount
Less than 14 days prior to arrival date	:	75% of the total estimated amount

Should there be no show , fee paid will not be refunded also.

3. Check in time 2 pm onwards. Check in latest by 5pm
4. Please bring along your own toiletries & bath towels.
5. All participants, unless due to health problems, are required to **observe** the **8 precepts** viz. undertake to **refrain from** (1) killing any living being, (2) taking things which are not given, (3) sexual activity, (4) unwholesome speech, (5) taking drugs and/or intoxicants, (6) eating at inappropriate times i.e. before dawn and after mid-day, (7) dancing, singing, listening to music, watching shows, wearing garlands (jewelry), beautifying with perfumes and cosmetics, (8) sleeping on high and luxurious beds, sitting on high and luxurious seats.
6. **NOBLE SILENCE**-All participants are required to maintain noble silence throughout the retreat, including whilst inside the room, taking your meals, performing daily duties, and elsewhere within the temple compound. No private discussions among the participants are allowed during the retreat.
7. All mobile phones, pagers and other communication devices are to be **turned off**.
8. **Smoking** is strictly **NOT** allowed during retreat.
9. Only **vegetarian food** will be served during breakfast and lunch.
10. Please bring appropriate clothing and/or sweater, etc.
11. Participants are required to wear decent white tops and white pants/bottoms. Wearing of shorts, tights or short skirts during the course of meditation retreat is **NOT** allowed.
12. Participants are welcome to bring their own meditation cushion
13. Things to bring along:-
 - i. Sufficient amount of clothes. Facilities for washing and drying of clothes are not available.
 - ii. Medications for personal use
 - iii. Toiletries
 - iv. Water tumbler (please note that NO water bottles will be provided)



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- v. Slippers
- vi. Torch light

Please **DO NOT** bring valuables to the retreat.

Duly completed application forms together with the retreat fee are to reach the organiser, Ti-Ratana Penchala Community Centre by **27 May 2011**

Alternatively, you may submit by email to trccpenchala@gmail.com and payment can be made direct to our CIMB Bank account 1466 0000 259 057, with a notification to us. Sponsorship and donation of any amount towards this retreat are most welcome.

Ti-Ratana Penchala reserves the right to amend or cancel the event and rules & regulations.