Meditation Retreat
Community Conduct Agreement

Version 3.0 | September 2025

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The intention of the Community Conduct Agreement is to support you in your meditation practice, to help you support everyone else in theirs, and to create a supportive retreat environment for everyone. Please talk to the teachers if you have any questions or feel that it will be challenging to agree to any of these points.

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1) **Refrain from killing**, except to defend yourself (e.g. from a venomous spider).

2) **Refrain from taking something that isn't clearly yours**, and ask if you're not sure.

3) **Refrain from sexual activity with another person**.

4) **Observe noble silence**. As part of this retreat, we ask that you agree to offer your own silence and respect the silence of others, for the benefit of deepening your connection to yourself, your practice, nature, and the community. This entails refraining from speaking, except with the teachers, during facilitated sessions, or when necessary (e.g. if you need to know about food allergens, you're working on a retreat task with someone, etc.).

5) **Observe technological silence.** As part of noble silence, we ask that you refrain from using mobile phones, laptops, tablets, etc., which are incompatible with the retreat environment. We encourage you to bring an alarm and torch so you can refrain from using devices. The facilitators may need to use technological devices in running or documenting the event, however they will aim to minimise device use in public spaces. You are welcome to leave your phone with the teachers, and teachers may discuss this option with retreatants if it seems that might assist in holding silence. If there is a reason you might need to use your phone or laptop, please coordinate this with the teachers in advance. There is an emergency contact number that people can call/text to reach you.

6) **Refrain from reading and writing**. An exception is if you are reading a book that is a manual for meditation (not a general dharma book), and if you are reading only the section of the manual immediately relevant to your technique at the moment. It is generally advised to refrain from journaling, however if this is an existing practice you can practice journaling mindfully, in private, for a set amount of time per day. Please discuss with the teachers if you would like guidance on what will be most supportive.

7) **Abstain from mind-altering substances**, except if they are prescribed by a doctor and/or would cause withdrawals if you abstained (e.g. caffeine, nicotine). It is recommended that you continue with caffeine as you normally would. If you typically use cannabis to treat a medical condition, it may be wise to abstain for the purpose of deepening your practice on retreat, but if this isn't medically feasible for you please let the teachers know.

8) **Refrain from ascetic practices**. This includes fasting or intentional sleep deprivation. If you're interested in these, please consult the teachers before the retreat begins.

9) **Refrain from using money**, and avoid places where it would be possible to do this (e.g. shops or cafes).

10) **Refrain from leaving the retreat earlier than the agreed-upon end-time**, except in the case of an emergency. While we respect everyone's freedom of movement, we ask that anyone considering leaving early please discuss this with the teachers so we can support you in your decision-making and wellbeing.

11) **Attend all activities integral to the retreat.** While the retreat is your own experience, some daily group sessions, talks, and scheduled interviews with the teachers are key parts of the retreat experience. If you become unwell, please take rest and seek support from the facilitators.