



## **Rules for Retreat**

1. No Mobile phone
2. Talk less especially gossips; can discuss on dharma
3. Once the retreat of any individual is stop due to whatever reason, he or she cannot continue further with the retreat.
4. Every session must be strictly followed
5. In between sessions, no one is allowed to leave, unless for medical reasons.
6. Visitors are not allowed
7. Any problems arising, retreatants can only contact the Administrator from Bali Center.
8. No world news from outside. (no outside communication)
9. This is not a real retreat but a short actual retreat of 7 days for those who are serious, which will prepare them for their next full real retreat.

## **How to go there**

1. Fly from Changi Airport to Bali, Denpasar, Ngurah Rai International Airport .
2. From airport to centre is about 2 to 2.5 hours.
3. The cost (rupiah) of transport from airport to centre as follows:
  - cost at IDR 450,000 for 6 seater,
  - cost at IDR 800,000 for 13 seater
  - cost at IDR 1000,000 rupiah for 17 seater,
  - please check if the cost of transport is for 1 to 2 ways
  - each seater is not including luggage space.
4. You are required to book 2 weeks in advance.
5. If you need arrange transport, you may contact Okta (contact no. 628123910345)
6. STL will only arrange ONE 17 seater van (for 13 person) - only for those who not able to form a group. Pick up time at Bali Airport @ 2.30pm.

(Please register with office on First Come First Serve basis & make payment directly to the Person in charge upon arrival. Transport will leave punctually @2.30pm sharp. Late Comers will have to make your own alternate transport arrangement. )

### **Entrance fee**

1. Entrance fee about Rs30,000 to pay. There are guides who station during 9am to 5pm. After 5pm, there is no guide to collect entrance fee.
2. Please safe keep your entrance ticket.

### **Being an oversea retreat, there are pre-requisite to observe:**

1. All registrants must have taken the Teaching of the Body mandala (3 to 1) and the Uncommon Meditation Beyond Thought (1 to 1), who need to undergo a full retreat to meet the commitment. This short retreat session is prepared by His Eminence especially for those who are keen, and are planning to enter a full retreat in the near future.
2. All registrants must be healthy. Those who have medical conditions like heart conditions, HBP, diabetic must be under CONTROL by regular medication and need to make sure they have sufficient supply of the medicine during their retreat stay. Those with uncontrol medical conditions are advised to seek treatment from their own doctor to stabilised their condition prior to the retreat, and will not allow to participate if their condition is not controlled.
3. Participants with Infectious and life threatening Medical diseases like late stage cancer and congestive heart failure, are not allow to participate in the retreat. Those with mental conditions are also not allow to participate.
4. All registrants must be 16 years and above, and those under 21 years must obtain parental or guardian permission for the participation.
5. The organizers are not responsible for any mishaps or accidents or any other unforeseen happening to the retreatants during their travels and stay in the Centre. They will be given an indemnity form to sign on acceptance of participation in the retreat.

### **Things to bring**

1. Bring a water bottle to refill your own drinking water.
2. Three meals including breakfast, lunch and dinner . We dine together at the dining hall.
3. Can bring biscuit, chocolate etc, if you prefer to.

4. Bring your own Mala, Vajra & bell, Dharmaru (optional), skullcup and rice grain cup **(compulsory)**
5. Bring your cross vajra picture for placing onto your cushion seat **(Compulsory)**
6. Bring a small folder table and own cushion seat for your sessions in the room **(compulsory)**
7. Bring your own Vajrayogini long Sadhana and 7 days teaching materials including Body Mandala and uncommon Meditation beyond Thought. **(compulsory)**
8. Bring your own Ang pow for offerings.

----- *The End* -----