

# **Samadhi Retreat Center**

## **Important information for all visitors**

We want to create a pleasant and friendly atmosphere for all of our visitors so that they can have a peaceful and healing experience, so please observe the following guidelines.

### **Food**

The Samadhi Meditation Center is a vegetarian place. No meat or fish will be served in the Center. Please do not bring any to Samadhi.

### **Drinking and smoking**

The entire premises are smoke free. As you enter from the gates into our Samadhi Center smoking is prohibited. This is a health center and smoking is prohibited at all times inside and outside the buildings. Alcohol is absolutely prohibited in the Samadhi Center. If you are found drinking or smoking the management has the right to request that you leave the center.

### **Dress**

Please wear decent cloths that suite the atmosphere of a spiritual center. If you are coming to participate in a retreat, we recommend you to wear white cloths only during retreat times.

### **Some things that you might need**

A flashlight, an umbrella or raincoat and walking shoes. At night it might get a little cool so bring a light sweater in case. Although we do not find a lot of mosquitoes here, in the summer when it is hot you might find some mosquitoes so mosquito repellent might be useful.

### **Some things we might need**

In case you have extra space in your luggage and are interested in bringing something for the center we have some suggestions.

Yoga mats, meditation cushions, candles, candle holders, flower vases and any used sleeping bags that you may not need.

### **The best gift you can bring for our center**

A positive attitude, a smile and lots of love and kindness.

### **Other visitors**

If you have any problems with other visitors or concerns with their behavior please inform the management or the person in charge.

### **Water**

Our water has been tested and is safe but do not drink the tap water directly. Only drink the tap water after boiling it, or drink bottled water or water from the special dispensers.

## **Please conserve water!**

We must pump water from down the hill and all the used water will go to our septic tank because of government regulations. We must take out the used water by truck and it is expensive to maintain. Please keep that in mind when you use water.

**Try to take short showers.** The hot water is heated with electricity and we have only a few heating tanks. On one hand it is costly to heat the water and on the other hand the next person may not have enough hot water if you use too much, so please be thoughtful when taking showers.

### **Electricity**

Be thoughtful in the way you use electricity. Switch off the lights when you are not using them or when walking out of the rooms. The heating systems use electricity and it is expensive. Please keep the heating level low or switch it off during the day time.

### **Tower**

Do not go up the tower or stay around close to the tower. There might be loose stones and it is not safe. Please watch for any posted signs in the Samadhi Center and follow the instructions.