

Recommendations for Silence Retreats

General Guidelines:

- Schedule will be posted daily.
- Communication is limited: no talking, gestures, eye contact, signaling, notes or touching.
- Assignments of accommodations, working meditation, and individual information will be posted on the bulletin board. Participation is expected.
- Do not hesitate to send a note to Kate, Linda or Sue if you have a problem. Please **DO** speak in an emergency.
- Please observe safety rules and regulations; smoking is only permitted in your personal vehicle at this retreat center.
- If someone needs to contact you here in case of emergency they may call KAIROS at 509-466-2187

What to Bring, in addition to your clothing and personal items:

- The accommodations include beds, sheets, towels, and pillows so you can travel light
- You may wish to bring an umbrella, sunglasses, and a hat
- Water bottle and travel mug with your name on them.
- Flashlight
- Medicines taken with a doctor's prescription
- Watch and alarm clock
- 4-5 pairs of shoes and/or slippers for indoors, walking to meditation hall, hiking, in meditation hall, etc.
- Meditation bench or pillow, if you use one. We will provide chairs and pillows

What Not to Bring:

Please take care of telephone calls and business or errands that need to be done before arriving. Let people know you will not be available during the retreat. If a phone call is necessary while here, someone will make it for you. Cell phones may or may not have reception; please turn off your phone, leave it in the car and check messages on Sunday after speaking is resumed.

- Alcohol, illegal drugs
- Radios, CD's, Tapes, IPODS, musical instruments
- Books, journals, computers, voice recorders, etc.
- Craft projects, art or hand-work
- Firearms or mace
- Perfumes, scents, after-shave, or strongly scented lotions- due to sensitivities and allergies
- Please lock valuables in your car
- Cameras may be used only on Sunday after speaking is resumed.

Looking for something to read before the retreat? Try one of these:

- The Power of NOW by Eckhart Tolle
- A New Earth: Eckhart Tolle
- Meditation: Now or Never by Steve Hagen
- Buddhism: It's Not What You Think by Steve Hagen
- being zen by Ezra Bayda
- The Heart of Stillness by David A. Cooper
- The Way of Zen by Alan Watts