



Dear Retreatant,

We are happy to welcome you as we join together for a meditation intensive retreat.

Following are some guidelines for the retreat:

- Strict silence is maintained throughout the retreat including meal times. Talking dissipates the precious and powerful energy build up gained through sitting.
- The retreat includes periods of sitting and walking meditation. Both indoors and outdoors. Layered clothing is helpful to have for both the indoor and outdoor meditation. A sweater or shawl can be helpful during certain times of the day, especially early mornings. Shoes are not worn in the meditation room, but socks will help keep feet warm.
- Introductory and advanced meditation instructions, conferences, and individual interviews with the teacher, Fr. Gregory Mayers, Roshi are offered during this retreat.
- Sitting is done on a chair, a cushion (zafu), or a prayer bench (seiza) - all provided.
- Wear dark color comfortable, loose clothes and easy walking shoes. Part of the retreat experience may include some outdoor garden work if desired. We ask that you refrain from wearing "noisy" clothing (e.g., nylon, corduroy, jeans), items that jangle, and watches that beep. In kindness towards those who are allergic, we also ask that you do not bring or wear scented lotions, soaps, or perfumes.
- Our food service department is not staffed for special dietary needs, nor are our meals vegetarian. There is always a salad and usually sufficient food for non-meat eaters. We provide a stove and refrigerator on each bedroom floor and you are welcome to bring supplemental food if you wish.
- Registration is from 3:00 pm - 6:00 pm. Dinner is 6:00-7:00pm. Orientation begins at 7:00 pm, with orientation to Mercy Center and meditation rituals.
- Bodywork is available during most retreats as the retreat schedule permits. These offerings include healing touch, as well as therapeutic massage.

The retreat schedule can vary, based on the length of the retreat. We usually begin at 6:30 am, with breaks for meals, and end at 9:00 pm. For more complete schedule information, visit our website: www.mercy-center.org, or call 650-340-7474.

Experience has taught us that guidelines help in creating a truly fruitful retreat.

We again welcome you most heartily, and we look forward to this time together.

In Mercy,

Fr. Gregory Mayers, C.Ss.R., Roshi
East-West Meditation Program Director