

# Tranquil Wisdom Insight Meditation Retreat

## Detailed Information

### **Arrival and Departure:**

If you are driving, plan to arrive at St. Francis Retreat Center between 3:00 and 4:30 pm on the first day for room assignments and get settled. Parking is available next to the Lower Retreat Hall, where our retreat will be held. Please do not arrive or enter the grounds of the Center earlier than 3:00 PM.

The retreat will end after the morning meditation and breakfast on the last day of the retreat. There will be time to socialize and pack following breakfast.

### **Check in and Orientation:**

On-site check in and room assignment will take place from 3:00-4:30 PM.

A light dinner will be offered at 5:00 in the dining room, followed by a group orientation at 5:30. At 6:15 PM, the retreat will begin with opening comments and a dhamma talk by Bhante.

### **What to Wear:**

The weather in San Juan Bautista in November is typically sunny with cool, clear nights. The average daytime temperature is 68°F (19°C). Nighttime average low temperature is 42°F (7°C). Rain is likely so be prepared and bring an umbrella or other wet weather gear.

Bring comfortable, loose-fitting clothes, such as sweat pants with elastic waistband. Be prepared with layers that can be added or removed. Light clothing is recommended for warm, sunny daytime weather. A warm jacket is needed for cold nights and evening walking meditation. Comfortable slip-on shoes are appropriate for walking around the compound. Headgear, such as a hat with a brim, and sunglasses are handy for bright sunny days. House-slippers and warm socks are appropriate in the meditation hall. Bring a shawl or small blanket for seated meditations in the gardens and patio areas.

### **What to Bring for Meditation:**

Chairs for sitting will be provided in the meditation hall. You may wish to bring your own special chair, if desired, along with meditation cushions or pillows.

If you live locally, please bring a few extra cushions for out of state guests who traveled by air and cannot carry these items with them.

### **Other Necessities to Bring:**

Bed linens, blankets, and towels are provided by the center. You may want to bring a special personal pillow or blanket, if desired. Bring personal toiletries (toothpaste, bath soap, sunscreen, Kleenex, etc), insect repellent if desired, flashlight or headlamp and extra batteries, an alarm clock or watch with an alarm, and a water bottle to be filled at the center with filtered water as needed. There will be a wake up and notification bell to announce meals and group gatherings.

### **What to Leave at Home:**

Do not bring valuables, nonprescription drugs or alcohol. Do not bring food, unless you have made prior arrangements with the retreat manager for accommodation of medically required special dietary needs.

Avoid using scented cosmetics or perfumes that may be allergenic to others. Reading and writing are discouraged during this training period, except during the evening dhamma talks by Bhante.

Candles, incense, and smoking are not allowed in any rooms.

### **Clocks and Phones:**

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Please attend to personal matters before coming. To support the practice of silence, participants' cell phones and tablets will be collected at the beginning of the retreat and stored in a secure area until breakfast on Friday, April, when it will be available for pick up.

### Emergency Phone Numbers:

There is no public phone on the facility. If your family needs to reach you in an emergency, they may call these emergency contact numbers.

St. Francis Retreat business office daytime phone: 831-623-4234

St. Francis Retreat emergency after hours phone: 831-207-7042

Retreat Manager, Scott Jordan cell phone: 415-250-5294

### Practice Schedule

All participants are required to be present and seated in the meditation hall for the 5:30 AM and 6:00 PM group sessions. Daily self-directed training is to be practiced individually as instructed by Bhante. Indoor and outdoor sitting and walking spaces are available throughout the Center. A daily teacher interview will be scheduled for each person beginning on the second day of the retreat and everyday thereafter.

#### FIRST DAY

3:00 - 4:30	Onsite check-in and room assignment	
5:00 - 6:00	Dinner and general orientation	(Bell)
6:15 - 8:00	Introduction to the retreat	
8:00-	Bedtime or further practice	

#### DAILY

5:00 am	Wake up	(Bell)
5:25 am	Assemble in Meditation Room	(Bell)
5:30 am	Precepts with sitting and walking practice	
7:00 am	Breakfast	(Bell)
8:00 am	Sitting and walking meditation	
11:00 am	Lunch	(Bell)
12:00pm	Rest time	
1:00 pm	Sitting and walking meditation	
5:30 pm	Tea time	(Bell)
6:00 pm	Dhamma talk and discussion	
5:25 am	Assemble in Meditation Room	(Bell)
8:00 pm	Sitting and walking meditation	
10:00 pm	Further practice or sleep	

#### LAST DAY

5:00 am	Wake up	(Bell)
5:25 am	Assemble in meditation room	(Bell)
5:30 am	Five precepts, meditation, and closing	
7:00 am	Breakfast, group photos, and social time	
10:00 am	Departure	