



Theravada Buddhist Society of America

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Detail Logistics

Since there is no maid service or clean up personnel at the *Dhammananda Vihara* monastery, the meditators should help clean the rooms and utensils.

For the Weekend Retreat

1. Be available to set up the dining table (if necessary)
Food will be provided free by the sponsors. Perform loving kindness meditation to the food *dana* sponsors.
2. Clean up sink and toilet after each use.
3. Put the toilet paper in the garbage can.
4. Prevent hair and soap from clogging the sink.
5. Keep the bedroom clean.
6. Perform duties listed on the "To do" list

For the Self Retreat

1. If possible, bring sufficient food for the retreat period. For extended stay, please contact the Sayadaws and/or the Board of Directors for detail logistics.
2. Clean up sink and toilet after each use.
3. Put the toilet paper in the garbage can.
4. Prevent hair and soap from clogging the sink.
5. Keep the bedroom clean. Clean the room at least weekly.