



## **Theravada Buddhist Society of America**

**17450 South Cabrillo Hwy., Half Moon Bay, CA 94019**

**Phone: 650-726-7604. Email: tbsa@tbsa.org**

### **Self-retreat Policy**

Any person who would like to be granted permission to conduct self-retreat at *Dhammananda Vihara* must meet the following conditions:

1. To practice *Vipassana* meditation solely and to follow seriously the daily practice schedule from 5:00 a.m. to 10:00 p.m.
2. To have practiced Vipassana before.
3. To plan to have self-retreat for at least 24 hours.
4. To get the approval of the *Sayadaws*.
5. To apply five days in advance, so that the Board of Directors can review and approve the application.
6. To be self-sufficient on food.
7. To be able to communicate in English.
8. To have good health.
9. To be able to donate \$20.00 a day to cover the utility expenses and the cost of maintaining the facility.
10. To maintain noble silence at all times. (To talk only if absolutely necessary.)
11. To observe the maximum time limit (one month) of staying.
12. To realize that Board of Directors can terminate the permission of stay anytime without giving any explanation.
13. If no Board of Directors is present at the monastery, the applicant can fill out the application and make donations for the utility and maintenance expenses as stated in item 9 above.