

SPRING RAIN SANGHA

GUIDELINES MUTLI-DAY CITY RETREAT



at the
The Society of Friends (Quakers House)

60 Lowther Ave. Toronto

(corner of Bedford and Lowther, 2 blocks N of Bedford Exit of St. George Subway Station)

Map available on Spring Rain Sangha Website www.springrainsangha.com

- ◆ Street parking is available **only after 10 a.m.** There is a City Parking lot on the east side of Bedford Rd. just north of Bloor Street. It is recommended that you consider TTC.
- ◆ Wheelchair Accessible (for arrangements contact Chris Freypons (416-769-5929)

Please plan to **arrive well before** 7:00 p.m. for the evening sittings on Thursday and Friday **and well before** 9:00 a.m. for the all day sitting on Saturday. *Sitting will finish at 9:00 p.m. on Thurs and Fri, and at 5:00 p.M. on Saturday.*

Please note the following suggestions and guidelines:

- If you arrive late, enter the hall quietly and take a seat near the rear of the hall so as not to disturb others. At the end of the first sitting meditation take any empty place available. (Out of consideration for others, please try your best to be on time).
- Please observe silence throughout the day except during the question and answer period.
- Turn off cell phones and beepers/alarms on digital watches.
- Except for emergencies, do not enter or leave the hall while a sitting is taking place.
- Since the meditation hall might be cool, you may want to bring a warm shawl or blanket and indoor footwear.
- Floor sitters bring your own mat & cushion or bench.
- Bring appropriate clothing for walking meditation outdoors.
- Synthetic clothes (that make noise) can be distracting to others, cotton or non-synthetic clothing is less distracting.
- Do not wear any perfumes or other scented products – many people have allergies.
- For Saturday please bring your own light vegetarian lunch.
- Do not bring any food or drinks (other than water) into the meditation hall.

