

Thank you for your application to join Spring Rain Sangha for the upcoming 1-day Retreat at the Toronto Mahavihara Temple in Scarborough. Your registration has been confirmed.

Please arrive well before 9:00 AM to sign in. If you are unable to attend, or need additional information, contact Gary Kezar by email, { [HYPERLINK "mailto:Gary.Kezar@yahoo.ca"](mailto:Gary.Kezar@yahoo.ca) }, or by phone 416 792-5229

Everyone is responsible for arranging their own transportation. However, some retreatants are offering to provide rides. If you requested a ride on your application, a list of volunteer drivers and their pick-up spots will be sent to you by email approximately 5 days before the retreat.

Much thanks to those who offered rides. Please note that the retreatants looking for rides will be calling you during the week before the retreat.

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.
- Silence will be observed 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 might want to bring a warm shawl or blanket and indoor footwear.
- Floor sitters bring your own mat & cushion or bench.

- Out of respect and cultural courtesy, modest loose fitting clothing should be worn. No short pants or skirts; shoulders should be covered.
- Bring appropriate clothing for walking meditation outdoors including rain gear if needed.
- Synthetic clothes (that make noise) can be distracting to others, cotton or non-synthetics clothing is less distracting.
- Scents: Do not wear any perfumes or other scented products — many people have allergies.
- A Sri Lankan lunch will be provided courtesy of Mahavihara Temple devotees.
- Do not bring any food or drinks (other than water) into the meditation hall.

Location of Retreat:

The Toronto Mahavihara Temple

Located at 4698 Kingston Rd., Scarborough, M1E 3P9

For more information and a map of the area see  
[www.torontomahavihara.com](http://www.torontomahavihara.com)

TTC Directions: Travel to Kennedy subway station on the Bloor/Danforth line. Then take 86 or 86a Scarborough bus east, to Kingston Rd. & Beechgrove Dr. Cross street and walk east 100 meters to the Temple. (Next to the Lido Motel)  
The bus ride from Kennedy subway station to the Temple is 25 minutes. For TTC directions call 416 393-4636 and enter route 86.

Driving directions: See [www.mapquest.com](http://www.mapquest.com)  
or from the 401 going east, exit at Morningside exit, head south (right) turn left at Military Trail, turn right on Kingston Rd., go 250 meters to the Temple (before the Lido Motel).



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