



Sacred Light Mountain Retreat Information

Please take time to read over the following information about your retreat.

Check in and Check out

- **Check In:** Please plan to arrive between noon and 6:00pm on Friday, for weekend retreats at the front office. Room assignment will be given during check In.
- **Parking:** Please park at the parking lot behind the main building after check in.
- **Check Out:** For weekend retreats, check out time is noon (site closes at 1:00pm Sunday) Please wash and dry your bed sheet, pillow case and towels and make the bed before you leave. Please also perform a light cleaning of your room, including kitchen, bedroom, bathroom, and other common areas.

**Leaving the site after a retreat has begun is strongly discouraged, commit to “Be Here”.

Meals

- **Due to the diversity of food preferences/needs we no longer serve food during any retreats. Please plan to bring any food or other items prior to check in. There are no food items available at the site, but adequate time in the schedule for preparation, all units have a full kitchen.** (refridgerator, microwave, oven/stove, pots/pans, dishes, utensils, etc..)

Schedule

Schedules for Introduction to Chan practice, Silent, Private and Special event retreats will be provided once application is approved.

Silent Retreat Rules (applies **ONLY** to scheduled or private **silent** retreats)

- No use of internet service or phone service during the retreat.
- No solid food after mid-day meal during the retreat.
- There should be minimal talking, minimal body language communication, avoid eye contact and interaction with the other practitioners and guests.

Donations

Donation for Introduction to Chan weekend retreats is 225.00USD for bunkbed/dorm room.

(Condos may be available for small groups attending together, please inquire about cost and availability at the time of your application).

Donation for Silent, Private and Special retreats are agreed on an individual basis, dependent upon duration, room type and any specific training requests of the attendee.

Please make donations: www.heartchan.org space is limited, paid donation reserves your space.

Contact

Please contact Heart Chan SLM for any questions, email: miaoming@live.com

Please respect no drugs, alcohol, smoking or politics at SLM, strive to harmonize with clear heart and mind