

Retreat Guidelines

Students who are interested in registering for the retreat are required to fill in an **application form**. See website to download the form or email Jana at spc@detongling.org for a copy.

Please email completed form to Jana at spc@detongling.org who will forward it to Antonio for review before students are accepted into the retreat.

It is to help Antonio better understand who is coming to the retreat and, therefore, lead it in a way that suits the group.

Retreat dates: The retreat starts on 21.09. with the evening session of a talk from Antonio, then each day there are sitting and walking sessions, and in the evening a talk from Antonio. The retreat ends with a short early morning session on 01.10.

Students leave the next morning. Please see **"travel document"** for exact details.

The retreat is run in total silence. Students only communicate with Antonio or if necessary, with Jana (the SPC of DTL).

Seating arrangements: Antonio prefers students to sit on the floor but of course exemptions will be granted.

There is no swapping, that is, chair one day floor the next. If the student chooses a chair then it is a chair for the full retreat. If the student chooses the floor then it is the floor for the whole retreat.

Electronic devices: all devices, that is phones, iOS Pads, computers, Kindles, etc — are to be handed to Jana (the DTL's retreat coordinator) before the start of the retreat. All devices will be kept in a secure place.

Students with their commitments or prayers on an electronic device need to have a printed copy.

Emergency contact during retreat: If students need to provide family/friends with an emergency contact, Jana Janko—the retreat coordinator of De-Tong Ling is the point of contact.

Email: spc@detongling.org

Mobile: 0449 901 381