

Retreat Rules for Halscheid Retreat Center

The Retreat Center Halscheid is a place of intense meditative practice. Many things will be different from your life at home, but everything is intended to support your practice. "Retreat" also means to retreat from our usual daily habits, in order to make space for deeper changes in our own mind.

- The boundaries of the Retreat Center are marked by prayer flags. Please stay within this area during your retreat.
- You are free to choose the content and practice regimen of your retreat in consultation with Lama Kunga. However, the time periods of the meditation sessions are binding for all participants:

5 – 6:45 AM: 1st thun (thun = individual practice session in ones own room)

7 – 8 AM: Green Tara puja and Riwo Sang in the shrine room (optional except for 3YR)

9:30 – 12 AM: 2nd thun

2:30 – 4 PM: 3rd thun

4:30 – 5:30 PM: Mahakala puja und Sur offering in the shrine room (optional except for 3YR)

7 – 9 PM: 4th thun

- Please understand that some retreatants will be using ritual instruments during the meditation sessions as part of their practice.
- Smoking is strictly prohibited on the ground of the retreat center. Consuming alcohol or other drugs is prohibited throughout your stay at the center.
- Thrangu Rinpoche, the Spiritual Head of the center, asked not to use mobile phones or internet in order to focus the mind on the retreat and not to be distracted outwardly. It is possible to write letters to communicate with family/friends.
- Retreatants should plan about 1 hour daily of karma yoga for house and garden duties. We need everyone's help to keep the place in a state we all can feel comfortable with.
- At the center we provide balanced nutritious vegetarian meals. Be aware that we can offer special individually requested diets only to a limited extend. Please make sure to clarify with us before your stay whether a requested diet can be provided.
- Please bring along all things you will need for your retreat (personal items and items needed for rituals). For short-term retreats we can only provide shopping in emergency cases. For those participating in long-term retreats of several months or more, we provide the opportunity to do shopping of necessary articles every two weeks, if they can be purchased at the local shops or pharmacies.

Thanks for your help and understanding!

The Halscheid-Team