INFORMATION FOR THE PARTICIPANTS IN THE RETREAT*

**YMJJ: Yong Maeng Jong Jin means "leaping like a tiger while sitting", a Korean term traditionally used to describe the intensive practice of Zen meditation. It points to the state of clarity and wisdom we experience, which is both relaxed and wide as space, and clear and meticulous as the tip of a needle, so we can use our experience to help us and help this world, moment by moment.*

WHAT TO BRING

The Zen Center is very isolated on the mountain. It is important to bring everything in the list and what you might need.

- alarm clock (use of mobile phones is not permitted during retreats)
-lantern (batteries)
-towel, toiletries (gel, shampoo, etc. All Zen Center discharges go directly to nature, so we encourage you to use environmentally friendly products)
-Kit of basic medicines that you may need (cough, cold...), insect repellent, sunscreen, antihistamines (if you are allergic to animal hair, plants, dust...)
-slippers and mountain shoes
-clothing comfortable for meditation (discreet and neutral colors)
-clothing suitable for the season of the year (in the mountains the weather can vary a lot from day to day)
-If you have precepts, please bring your short/long formal robe and kasa
-in the Dharma room, socks are always worn
-we function with solar panels, so the use of hair dryers, irons, etc. is not allowed. Please use electricity consciously

• Accommodation is in simple, shared rooms, sleeping on the floor with mattresses.
• All meals are vegetarian (it is not possible to meet all the special dietary needs of each participant, if you have any intolerance inform us when making your registration for the retreat).
• In Borisa there is no phone or Wifi, and mobile reception is very limited or nonexistent. **Cell phones, personal computers, tablets and any other personal devices are not permitted during retreats**. One of the charms of the Zen Center is the freedom that allows from cell phones, emails and Internet access.

YMJJ SCHEDULE

Everyone participates fully in the schedule. If you are sick or have an emergency that prevents you from attending any part of the schedule, please notify the Head Dharma Teacher.

5.00h	Wake up
5.10h	108 bows
5.45h	Morning Chanting
6.40h	Meditation (2x 30 min)
8h	Breakfast
9h	Work period
10.20h	Break
11h	Meditation (3 x 30 min)
13h	Lunch
15h	Walk outside
15.50h	Meditation (1 x 1 hour)
17h	Dinner
18.30h	Evening Chanting
19.30h	Meditation (2 x 30 min)
20.40h	Four Great Vows
22.00h	Sleep

• The retreat ends the last day after lunch

RETREAT RULES

All participants are expected to follow the following rules and maintain the harmony of the community during the time of retreat.

1. The retreat is done in silence. Zen Master Seung Sahn said: "Silence is better than holiness." Bodhidharma sat silently in Sorim for nine years. Silence deepens our practice, and it benefits us and others. If your work does not require you to speak, keeping silence will help.

2. Arrive on time for all practice sessions, Dharma talks and meals. Always go to the Dharma room on time when you hear the five-minute moktak. Do not enter or leave the Dharma room during meditation or singing, except to go to or return from an interview.

3. Walking meditation is the continuation of sitting meditation. You can leave the Dharma room during walking meditation when necessary. When you re-enter the Dharma room, do it quietly in your proper place on the line.

4. Everyone should attend all practice sessions, including meals and the work period. If you are ill and unable to attend, please notify the Head Dharma Teacher (HDT) before the practice session you are about to miss.

5. Please do not move during meditation. If you are sleepy or your legs hurt, please make a small bow and stand behind your cushion.

6. During the retreat, communication with the outside will not be allowed. Making phone calls, sending or receiving email, etc. is not allowed during the retreat. Mobile phones, etc., can not be used. In case of an emergency, notify the HDT.

7. The HDT will control the opening and closing of the windows and the lights of the Dharma room. If you have a problem or request, tell the HDT.

8. Do not wear brightly colored clothing during the retreat. Do not wear hats in the Dharma room.

9. Smoking is not allowed in the Zen Center, please go to the designated area for it.

10. Please do not read personal books during the retreat, only the books and magazines provided by the Zen Center.

11. Everyone will have a task to do every day during the work period, especially clean the temple and work in the kitchen. The work period is part of the formal practice. Please do the assigned work with mindfulness.

12. If you have any health problems or special dietary needs, please notify the HDT in advance.

13. If any participant breaks any of the above rules, they will be asked to leave the retreat.