



The Teen Retreat – Essential Information

IMS has been hosting the Teen Retreat since 1989. We are delighted you will be here for this summer's course. As always, it is an invitation to develop your natural spirituality, affirm your own experience and value relationships based on honesty, respect and trust. **Even if you have participated before, please make sure that you are aware of the information below.**

Supervision

- Extensive supervision is provided for this retreat – there is one teacher or group leader for every three retreat participants. This means that quality attention can be given to each individual.

Arriving and Departing

- On opening day, registration takes place from 3:00 – 6:00 pm. First timers: please arrive by 5:00 pm.
- The retreat begins in the early evening, after registration and orientation, and ends at noon on the last day.

Parents and friends are welcome to join you for lunch when picking you up on closing day.

Retreat Schedule

- A typical Teen Retreat day starts at 6:30 am and ends at 10:00 pm. It comprises periods of guided sitting and walking meditation, workshops and discussion groups, mindful movement, helping to prepare food or to clean the center, and free time.
- To hold the retreat energy, everyone is expected to participate fully in the program. It is not acceptable to absent yourself from any part of the retreat without consulting a teacher or group leader.
- Retreatants are to be in their own room and quiet by 10:00 pm to assure that everyone gets their rest.

Silence

- Even though this retreat isn't completely silent, there are designated periods of silence throughout each day. When the body and voice are still, this helps us to observe our minds.

- Silence includes not using communications devices, especially your cell phone, your iPod or mp3 player or computers. This is a chance to take a break from worldly life to understand more about who you really are.

Five Precepts

While at IMS, everyone – teachers, staff, and retreatants – agrees to follow these five ethical guidelines:

- To refrain from harming any living, sentient beings – not to kill or intentionally hurt any person or creature, even an insect.
- To refrain from taking what is not freely given – not to steal or “borrow” without the consent of the owner; to accept what is offered and not try to change it or get more.
- To abstain from sexual activity.
- To refrain from harming by one's speech – not to lie, gossip or use harsh or hurtful language.
- To abstain from using alcohol, recreational drugs and other intoxicants that cloud the mind and harm the body. (This does not apply to prescription medicines.)

Drug & Alcohol Use

- **Anyone bringing drugs or alcohol to IMS or found to be using them will be asked to leave.** There are no exceptions to this policy. At IMS, we seek to learn about the workings of the mind and body through meditation. We provide an alternative environment where clarity and self-knowledge can be strengthened.

Smoking and Candles

- We strongly recommend and request that you consider **not smoking** for the time you are at IMS. Please be

aware of your influence on those younger than you. Smoking is permitted only outdoors in the designated area behind Shanti House. To minimize odors, we ask smokers to wash their hands after smoking and not to wear smoke-saturated clothing in the meditation hall.

- Due to fire regulations, we do not allow you to light candles or burn incense, or light fires of any kind on IMS property.

Medical Conditions

- We supply some first aid materials, in case of common, non-serious ailments or injuries.
- In the event of a medical emergency, IMS will call 911. If an illness requires nursing care, it will be necessary

to leave the retreat to recuperate. We suggest that all retreatants have medical insurance or sufficient funds to cover the costs of any unforeseen urgent or emergency medical care that might be required.

Accommodations

- Each Teen Retreat participant has their own bedroom, simply and comfortably furnished with a twin bed, sink, closet and chair. A pillow and two blankets are provided. If travel arrangements permit, please bring your own sheets, pillow case, towels, and additional blankets or sleeping bags. Camping is not available.
- **Males should never enter into female rooms, nor females into male rooms.** Toilet and shower facilities are located on each floor.

Food

- We serve tasty, varied, nutritious vegetarian meals (including dairy and eggs). Three substantial meals are served each day and between-meal snacks and juices are generally available. For those with allergies to wheat and/or dairy, a simple, non-animal protein, a non-wheat grain and a plain vegetable are served at each meal.
- For additional dietary requirements, please bring what you need. We do not serve coffee; you may bring your own. We cannot supply specific snacks, containers or utensils.
- Cooking in your room is not permitted.

Personal Hygiene Products

- Some participants may have a sensitivity to fragrances and perfumes. Others are allergic to many chemicals. Please do not bring or use perfumes or scented shampoos, ointments or lotions; we suggest that you purchase unscented products before you come, if possible. We stock a small selection of such items that can be purchased on arrival, or during your retreat, and we provide unscented shampoo and conditioner in all showers.
- If you are acutely chemically sensitive, please advise our office.

Clothing

- Weather in Massachusetts is extremely variable, so we recommend that you come well prepared, with clothing selected for comfort rather than style. Summers can be hot; modest, lightweight clothing is the norm, including shorts. Please do not bring clothing in noise-making, rustling fabrics such as nylon.
- Please bring a sufficient supply of clothing to last the duration of your retreat. Our laundry facilities are available only for hand-washing of clothes.

Payments

- IMS accepts payment for retreats, as well as any donations, by cash, check or credit card (Visa, MC & Discover). We also accept Canadian checks in US currency.

What to Bring

Essential

- Enough clothing for the entire retreat
- Note: IMS now supplies sheets, pillowcases, and towels as well as blankets. Washcloths are not provided.
- All necessary special foods and beverages; plastic containers for special foods
- Medicines, vitamins, supplements, etc
- Unscented personal hygiene products (*IMS stocks these items for sale, for those with travel weight restrictions.*)
- Effective masks (surgical or N95/KN95), one for each day of your retreat.
- Insect repellent and/or head net

Optional

- Small flashlight, silent clock, portable fan
- Extra batteries
- Extra cash/checks
- Your own meditation cushion or bench (*IMS provides mats, cushions and other meditation practice equipment.*)
- Acoustic musical instruments
- Water bottle

What not to bring

- Scented personal hygiene products
- Beeper watches
- “Noisy” clothing (e.g. nylon)
- Candles or incense
- Cell phones and other electronic devices