

Dear Young Adult Friends,

We are very much looking forward to having you join us for this year's IMS Teen Retreat. This course is a unique opportunity to be a part of the insight and community that unfolds during our time together.

It is important that you and your parents/guardians carefully read the enclosed information.

We hope that you feel welcomed and cared for by everyone at IMS, and that IMS feels like a safe and comfortable place for you to learn the dharma and connect with new friends.

We also want to make sure you have a clear understanding of what is expected of everyone participating in this program. This helps prevent potential obstacles from arising that can unduly impact the benefits and smooth running of the retreat. We ask you to consider carefully the points below, to discuss them, and to call us for clarification if needed.

All participants are requested to agree to the following:

- To attend all scheduled activities unless permission to be absent has been received from a teacher or mentor
- To be in your own room and quiet by 10:00pm each night
- Not to enter into the rooms of any other participant
- Not to bring to IMS, nor to use while at IMS, any drugs or alcohol. Anyone found doing so will be asked to leave; there are no exceptions to this policy
- To consider refraining from smoking or vaping while at IMS

Please be sure that you agree, or at least are cheerfully willing to comply, with all of the above. If you have any questions or wish to discuss these items further, feel free to contact us at rc@dharma.org or 978-355-4378. If the call goes to voicemail, please leave a message and your call will be returned.

Until we see you next, we send you best wishes,

Cara Lai

2026 Teen Retreat Coordinating Teacher

1230 Pleasant Street, Barre, MA 01005 • www.dharma.org The
Retreat Center 978.355.4378

rc@dharma.org
The Forest Refuge 978.355.2063 fr@dharma.org

Fax: 978.355.4307