



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 be part of the insight, compassion and appreciation 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 the center's friendly atmosphere is conducive to the practice of mindfulness.

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 encourage 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 group leader.
- To be in your own room and quiet by 10:00pm each night.
- Not to enter into the rooms of members of the opposite sex.
- 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 cigarette smoking 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](mailto: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,

Jean Esther  
2021 Teen Retreat Lead Teacher