

Information for Commuters

For those choosing the commuter option, your fee includes breakfast at 8:00 am, so you can choose whether you would like to come for the before breakfast sit at 7:00 am, or arrive for the instruction sit, at 8:45 am. **(Times to be confirmed.)**

Either way, please make a commitment to:

- 1) Arrive between 6:50am and 8:00 am. The earlier arrival will allow you to join the group for the early sit before breakfast. If you stay at home for breakfast, please meditate at home before breakfast, and then arrive by 8:00 for the morning instruction period.
- 2) Be on site from the time you arrive until the end of the day, at 9:00 pm.
- 3) Ensure a supportive home environment to return to at night.

These commitments will greatly support your retreat practice, and also the practice of the group.