



Creacon Retreat Participant Guidelines

The following apply to those spiritual seekers who have been accepted to participate in an extended stay at Creacon Prema Agni Retreat Centre as Retreat Participants. To assist you on your spiritual journey, the following have been designed to advance your growth and personal commitment.

- The Retreat Program is designed to slowly decrease your comforts and break your attachments to the same – this may be challenging.
- Participation in the Retreat Program is a privilege and can be withdrawn at any time.
- The idea of this program is to instil and build your spiritual endurance.
- Common seva duties are expected to be conducted on a daily basis.
- Daily timetables may be established at your Teacher's discretion.
- Your ability to change and adapt will be part of the Retreat Program.
- The Retreat Program is not to be treated as a holiday or for running away from life. If you are looking for this, please register as a standard guest.
- Health insurance is required as a participant of this program or the appropriate funds to cover such expenses.
- The proper immigration Visa(s) should be obtained as appropriate for your extended stays. Check with your local embassy as these details are your responsibility.
- When entering Ireland at Passport Control, it is recommended to inform the authorities if questioned that you are visiting to obtain extended therapy for your spiritual growth. You are not here to work, teach, or learn an educational program.
- The Retreat Program is not intended to be entertaining. Its purpose is for deep spiritual growth and inner reflection.
- The consciousness of your needs should be compared to the commonly referred to concept of “a bowl of rice and few vegetables.” Please keep your requests in check - learn to accept not to ask for.
- Your dietary requirements may be discussed separately and may be regulated by your Teacher.

- The established exchange for this program is a minimum amount, if you can afford to exchange more than this amount, it is greatly appreciated.
- Your actions as a Retreat Participant should be that of a role model with regards to the standard Creacon Guidelines. As an example, you should be extra diligent with respect to turning lights off when not in use, leaving a room how you found it, and maintaining the tranquillity and silence at Creacon.
- As part of your Retreat, please pack light in preparation towards your detachment to material items.
- The Retreat Program is an opportunity to develop you fully and more importantly transform yourself.

We trust you will enjoy the Retreat Program!