



## Day Guest Guidelines

### To Help Keep This Place for You

Start your journey with Love,

Spend your journey with Love,

End your journey with Love.

1. Please remain as quiet as possible as soon as you enter the premises. Please be silent at all meals as well. This is for the benefit of all our guests – you included. Please silent mobile phones or turn them off upon arrival.
2. This is your Home. If you see litter, discard it; if you see anything looking disorderly, please arrange it.
3. The Meditation Hall is a very sacred space; please treat it with great respect for your benefit. It opens at 7 am and closes at 10 pm to allow it to rest and recharge. Food, drink, shoes and electronic devices are prohibited in the Meditation Hall.
4. Times of various spiritual films, discourses, meditations, classes, etc will be posted on our board.
5. Please close doors silently as slamming doors will disturb those around you.
6. If you have any dietary restrictions or preferences, please inform the manager upon your arrival or at booking request so that we may accommodate your needs.

7. The fireplace in the Heart Room and Dining Room will only be lit by the staff. We ask all guests not to touch or play with the fire for health and safety reasons.
8. We offer an infrared sauna in our Healing House for €15 per hour use or you can share it with someone for €12 each.
9. If you do smoke cigars or cigarettes, we kindly ask that you do so outside the back gate or as a last resort, in the car park. We thank you for keeping our air clean.
10. If you would like to offer healing sessions or facilitate a workshop of any kind, please speak with Reception and we will accommodate your request the best that we can.
11. If you would like to volunteer your time for Service work (light maintenance) around the Centre or kitchen duty, please inform a member of our staff or see the Seva Board in the main hall.
12. Breakfast starts at 0830 and the Dining Room closes at 0930.
13. Sunday breakfast is delayed by 30 minutes.
14. Lunch starts at 1300 prompt, service stops at 1330 and the Dining Room closes at 1400.
15. Dinner starts at 1800 prompt, service stops at 1830 and the Dining Room closes at 1930.
16. We are here to heal and Love All Serve All. Most of all treat others as you would like to be treated.
17. Use common sense and all will be well. Enjoy your stay and thank you for your cooperation.
18. Suggestions for smoother running operation are always welcome to improve the Centre.

We trust you will enjoy your day!