

## APPROXIMATE 10-Day Introduction Course Schedule

| Day 1           | CHECK-IN DAY                                 |
|-----------------|--|
| 1:00pm          | Registration (in the Dining Hall)            |
| 4:30pm          | Welcome and Introductory talk (in the Gompa) |
| 6:30pm          | Dinner                                       |
| 8:00pm          | Introduction to Buddhism teaching            |
| Day 2 – 7       | THE BODY OF THE COURSE                       |
| 6:00am          | Wake up                                      |
| 6:45 – 7:30am   | Mindfulness Meditation                       |
| 7:30am          | Breakfast                                    |
| 9:00 – 11:00am  | Teaching Session                             |
| 11:15 – 12:00pm | Stretching (if instructor available)         |
| 12:00 – 2:00pm  | Lunch & Karma Yoga Jobs                      |
| 2:00 – 3:00pm   | Discussion Groups                            |
| 3:30 – 5:00pm   | Teaching Session                             |
| 5:30 – 6:15pm   | Guided Meditation                            |
| 6:15pm          | Dinner                                       |
| 7:30pm          | Evening Meditation                           |
| Days 8 & 9      | THE RETREAT DAYS                             |
| 6:00am          | Wake up                                      |
| 6:45 – 7:30am   | Mindfulness Meditation                       |
| 7:30am          | Breakfast                                    |
| 9:00 – 11:00am  | Guided Meditations with a break in between   |
| 11:15 – 12:00pm | Stretching (if teacher available)            |
| 12:00 – 2:15pm  | Lunch & Karma Yoga Jobs                      |
| 2.15 – 6:15pm   | Guided Meditations with breaks in between    |
| 6:15pm          | Dinner                                       |
| 7:30pm          | Evening Meditation                           |
| Day 10          | CHECK-OUT DAY                                |
| 6:00am          | Wake up                                      |
| 6:45 – 7:30am   | Mindfulness Meditation                       |
| 7:30am          | Breakfast                                    |
| 9:00am          | Final Talk and Feedback                      |
| 12:00pm         | Picnic Lunch                                 |
| 1:00pm          | Check out                                    |

Late Arrival / Early Departure is not permitted. Please make your travel arrangements accordingly.

**FOR MORE INFORMATION:**  
SEE OUR VERY INFORMATIVE  
WEBSITE:

**WWW.TUSHITA.INFO**

VISIT OUR OFFICE BETWEEN:  
**9:30-11:30AM & 12:30-4:00PM**  
(CLOSED SUNDAYS)

OR CALL: 8988160988

MAY ALL BEINGS BE HAPPY!

# Tushita

MEDITATION CENTRE

**Welcome to Tushita!** We're very happy that you've registered for one of our courses or retreats and hope that you have an enriching experience here.

Tushita was established in 1972, and since then we've gained an international reputation for excellence, particularly for our 10-day Introduction to Buddhism courses. During these more than 40 years of facilitating courses and retreats, we've learned that the most conducive environment for the study and practice of Tibetan Buddhist philosophy and meditation is one where *everyone* involved participates in creating a space conducive to inner reflection and meditation.

Therefore, we ask that you arrive here at 1pm on the first day, aware and ready to participate fully. Here is a checklist and practical advice to help you prepare.

### 1. Know the Basics!

Tushita is a semi-monastic Buddhist centre, **not a guesthouse**. Consequently, we have guidelines for being here that are based on basic Buddhist principles.

**It is only possible to stay at Tushita if you're taking one of our residential courses** and we expect everyone here to participate in keeping the atmosphere conducive to inner reflection and spiritual pursuit, by observing the following five Buddhist precepts while here:

- **Respect all life:** do not intentionally kill any living being, even small insects.
- **Respect others' property:** do not steal or take anything not freely given.
- **Be honest and straightforward:** do not lie or intentionally deceive others (easier when you're in silence!).
- **Be celibate:** no sex or other forms of physical intimacy. Men and women must have separate accommodation.
- **Be alert and mindful:** refrain from intoxicants (alcohol & drugs). We also encourage smokers to stop while here: Tushita is a no-smoking zone.

**And in general:** Please be gentle in your behaviour and sensitive to fellow course participants and staff.

## 2. Prepare for the Retreat Environment

A retreat environment provides a unique opportunity to distance ourselves from the responsibilities of work and home and from our usual sources of distraction (socializing, internet, phones *etc*), and to cultivate a new quality of attention to our lives, to gain fresh perspectives. At first it can seem very confining to follow rules, but the beauty of discipline is that it leads to *greater* freedom. To keep the atmosphere conducive to inner reflection, during the course you are expected to:

- Maintain silence (verbal and physical).  
*The one-hour discussion groups on days 2 – 7 are the only exception to this.*
- Not leave Tushita property.
- Attend *all* sessions and be punctual.
- Leave your phone / computer / audio player, camera or other communication or entertainment devices in our safe, to help support your silence and focus.

Be sure to let your family / friends know about this silent time in advance, and settle all travel arrangements, e-mails, phone calls, *etc* *before* arrival. Please don't join the course if you are not ready to commit to this discipline.

## 3. Start in good physical and mental health.

We are not medical professionals or psychologists; we run large courses with shared facilities and have to act responsibly.

Therefore, if you have been feeling unwell and have not yet received medical advice, we will ask you not to join the course (especially if you have stomach problems or flu-like symptoms). In addition, this course should not be seen as a substitute to prescribed medication or professional counselling.

## 4. Be prepared to live simply.

- Almost all our accommodation is dormitory-style; shared and basic, but clean and comfortable. Rooms are allocated at check-in. **We cannot book rooms in advance**, unless in the case of medical / mobility requirement.
- We serve 3 vegetarian meals a day. Please understand that we cannot cater for special dietary requirements (e.g. vegan, lactose / wheat intolerance).
- Due to water shortages, be mindful of consumption; eg. Please do not wash your own laundry. An inexpensive and efficient laundry service is available.
- Please complete all office and library business *only during opening hours* and respect the private time of our busy residential volunteers.
- Course participants are asked to do **karma yoga**. This means a job to support the community, eg dishwashing, cleaning, sweeping, 15 – 20 minutes a day.

## 5. Be ready for check-in day

Check-in begins at **1pm** on Day One of all our courses. Please be punctual. ***This is how our check-in process works:***

1. The group is gathered together and announcements made.
2. Information is handed out about our rules of discipline and *karma yoga* jobs.
3. You'll be asked to fill out 2 forms: one with contact info and the other asking you to confirm that you are in good health and agree to the course discipline.
4. Names are called out in order of registration and you begin a 4-step process:

**Table 1:** We'll need A PHOTOCOPY OF YOUR PASSPORT AND CURRENT INDIAN VISA (non-Indian citizens only) now. Then we'll allocate you a bed.

**Table 2:** We'll ask for YOUR DONATION, PAYABLE IN INDIAN RUPEES ONLY. Unfortunately we cannot accept any other form of payment.

**Table 3:** The Safe: this is the time to leave your communication devices behind!

**Table 4:** We'll allocate your *karma yoga* job here. We appreciate your support!

5. After this, you'll be shown to your room. The first session begins at 4:30pm. Silence begins after dinner. Course discipline is now in place and it isn't possible to leave the property until the last day of the course, so...

***Please arrive with everything you can reasonably expect to need:***

- Warm clothing, which can be worn in layers (e.g. a shawl). Due to monastic and local customs, please dress modestly (no tight or revealing clothing).
- A good sleeping bag. It is much colder here at night than in the plains - even McLeod Ganj. If you plan to travel anywhere else in this region it is advisable to have one anyway. It is possible to rent a duvet (quilt) for 200 rupees for the duration of a course as an alternative – we'll arrange this at the 1pm check-in.
- Personal toiletries and a towel, a torch/flashlight, watch/clock (you cannot use your mobile phone as an alarm clock), refillable water bottle, pen and notebook.
- Extra money (usually 1000 rupees is enough) for library book loans (600 rupee deposit per book), and for some basic purchases (toiletries, biscuits *etc.*) which can be made in the reception office between 1 – 2pm during the course.

***For a more extensive list, see our website: [www.tushita.info/faq/what-to-bring/](http://www.tushita.info/faq/what-to-bring/)***

## OUR REFUND POLICY

Please only join this course if you intend to fully commit to the whole program. However, if you decide to leave a course within the first two full days (that is, until 3:30pm on the 2nd full day), we will refund the remaining part of the total costs.

No refund will be given after this time. Thank you for your understanding!