

# Application Instructions For Personal Retreat

## Appamada Vihari Meditation Center, Balik Pulau, Penang, Malaysia.

Dear Applicant,

Thank you for your interest in having a personal retreat in Appamada Vihari Meditation Center, Balik Pulau, Penang (AVMC).

### Self-retreat without guidance.

Ø If you have ever practiced a self-retreat at AVMC before, please email to [appamadavihari@gmail.com](mailto:appamadavihari@gmail.com) with the following information:

1. Your full name (as written in the form)
2. The date of your last retreat in AVMC, and indicate whether it was self-retreat or guided retreat
3. The date that you wish to have the self-retreat without guidance

Ø If you have not had any self-retreat in AVMC, your application will be considered on the basis of the following:

1. Duration of stay: 7 to 14 days.
2. Sufficient Meditation Experience: As a general rule, it is a must that you have ever completed two or more residential meditation retreats of minimum 10 days in each session, under Venerable Sayalay Susila or other competent teachers in Theravada tradition.
3. Resume about yourself in section 5 of your application form.
4. Before you come to AVMC, you have listened to the Dhamma talks at <https://www.sayalaysusila.net/dhamma-gallery/audio-gallery>, on the following topics:

- Ø The Purpose of Spiritual Practice
- Ø Meditation on Metta, Loving-kindness.
- Ø Anapanasati, Mindfulness of Breathing.
- Ø Satipatthana Sutta, Insight Meditation.
- Ø Development of Concentration.
- Ø Moment-to-Moment practice.

Ø Viper Sutta

**(C).** Whether or not you have done a self retreat or guided retreat at AVMC, your application will be subject to the availability of the facilities.

**(D).** All retreatants shall adhere to the following terms and conditions:

- a) Observe 8 precepts.
- b) Follow the daily schedule, especially in doing housekeeping/chores
- c) Read and adhere to the retreat rules & regulations of AVMC.

<https://www.sayalaysusila.net/retreat/rules/>

- d) First-time self-retreat yogis shall be under observation during the first 5-10 days, upon which AVMC retreat management shall assess whether to allow the stay to continue for a month.
- e) The maximum duration of each stay is three months for monastics.

Please note, AVMC is not obliged to give any reason for its decision regarding applications.

# Daily Schedule for Personal Retreat 个人禅修日程表

This is a typical daily schedule for a personal retreat. It is still subject to change without prior notice.

Time (时间)	Program (流程)
04:30 am	Rise & Shine 起身
05:00 am	Morning Puja & Meditation 早课 & 禅修
06:30 am	Prepare Breakfast 准备早餐 (persons on duty 值班 )
07:00 am	Breakfast 早餐
08:00 am	Chores / Gardening / Housekeeping 出坡
9:30 am	Rest / Personal Time 休息, 个人时间
	Meditation 禅修
11:45 am	Lunch 午餐
12:30 pm	Rest 休息
02:00 pm	Meditation 禅修
05:30 pm	Tea-break & Meeting / Discussion 茶歇 / 讨论
06:00 pm	Personal time 个人时间
07:00 pm	Evening Puja 晚课 Listen to Recorded Talk 听闻录音开示 / Group Discussion 佛法讨论 / Dhamma Talk 师父开示 / Dhamma Book Study 阅读佛书
09:30 pm	End of day 结束
10:00 pm	Lights off 熄灯