

## Center Etiquette

Self-discipline, mindfulness, and kindness toward each others are essential to practice. Please follow the guidelines below in order to help sustain a quiet, harmonious, and respectful atmosphere for all. Thank you!

1. If you have never attended a Chan service before, it is advisable to arrive twenty minutes early for orientation or to attend the basic meditation Instructions offered on Thursday nights, 7:30 PM.
2. Meditation starts punctually. If you need special seating arrangements—chairs, pillows, benches, etc.—please arrive early to get settled in.
3. If you arrive late and sitting has begun, quietly wait in the foyer area until the meditation break. You may join the group before the next sitting period starts.
4. Please be quiet and mindful of your movements. Turn off cellphones, remove noisy jewelry, and disarm watch-timers and before entering the meditation hall.
5. If you must change your seating posture during sitting, please do so quietly and mindfully, so as not to disturb others. Please do not get up in the middle of the sitting to use the bathroom or get drinks during sitting.
6. Please avoid wearing strong perfume or aftershave. Wear modest and more subdued colored clothing at the Center.
7. Please do not wear shoes or bring water bottles into the meditation space.
8. If you are intoxicated, you are welcome to come back when you are sober.
9. If you have strong body odor from perspiration, please come back after you have showered or consider bringing a change of shirt.