

# **SDRC Code of Behavior for Retreats**

## **To practice silence and refrain from unnecessary verbal and nonverbal communication**

Staff, teachers, retreatants, friends and volunteers who come to SDRC are expected to maintain throughout their stay an atmosphere of respect for the silence sustained by participants in any retreat held at SDRC. Silence will be maintained at appropriate times as indicated by the guidelines of specific retreats, especially in the kitchen. Utmost effort will be made by all to protect the silence and privacy of all who come to the Center.

## **To refrain from false speech**

Staff, teachers, retreatants, friends and volunteers who come to SDRC will use words compassionately and sensitively and thus avoid harsh or hurtful language, slander and gossip.

## **To practice non-harming**

Staff, teachers, retreatants, friends and volunteers who come to SDRC will cultivate an attitude of gentleness and care towards every thing and sentient being, including animals, buildings, vehicles, tools, the road, and the forest.

## **To refrain from taking that which is not freely given**

Staff, teachers, retreatants, friends and volunteers who come to SDRC will accept only that which is freely offered and will not take or borrow that which is not.

## **To refrain from inappropriate personal relations**

Staff, teachers, retreatants, friends and volunteers who come to SDRC agree to maintain professional, appropriate relations. Personal intimacy—physical, affective, conversational—is to be avoided during retreats as is taking advantage in any way of the openness and vulnerability that may occur during a retreat.

## **To abstain from alcohol, drugs and other intoxicants which cloud the mind**

Staff, teachers, retreatants, friends and volunteers who come to SDRC agree to refrain from the use of alcohol, drugs and other intoxicants which cloud the mind and harm the body.

## **To wear non-distracting, modest clothing**

Staff, teachers, retreatants, friends and volunteers who come to SDRC agree to avoid wearing clothing that might distract others by making noise or otherwise attracting attention.