

Speed, Safety, Spirituality

28 July to 1 August 2017

Brahma Kumaris Academy for a Better World, Gyan Sarovar

Guidelines for Participants

Om Shanti! We are happy to know that you have chosen to join this very special and exclusive meditation retreat. You have given yourself an opportunity to experience inner peace and calm amidst the scenic Aravali mountains. Please approach these guidelines with an openness towards protecting the serenity of atmosphere and supporting the enthusiasm of spirit through your own agreement and cooperation.

- Upon arrival you can **pick up the program booklet and badges** at the Registration Desk or through your BK Guide. You must **wear your badge at all times**.
- Please remember to bring **confirmation letter/SMS** when you reach the registration desk.
- Men and women will be provided **separate accommodation** for this retreat.
- Participants should try to **dress in accordance with the decorum of the spiritual campus**. Kindly wear comfortable and weather-appropriate clothes.
- Do carry your umbrella or any other rain wear.
- If you are on any medication, please carry the same.
- Cigarettes, alcohol, pan masala etc and all types of addictive substances are not allowed in the premises of the retreat. **Please commit to abstaining from these for the duration of the retreat if you intend to join.**

- Turn off beeping watches, clocks and cell phones. Use of mobile phones will be restricted during the sessions of the conference.
- Do not bring any valuables to the retreat. Retreat organizers are not liable for any personal belongings lost during the retreat.
- Please agree to join all sessions and activities of the retreat. Your attendance at every session will create a more enriching experience for you. Attendance of every participant to each session will be noted. Request you to please be punctual for every session.
- It is recommended that participants carry a notebook and pen to make personal notes during the sessions. It can bring inspiration even after the retreat and prove to be a powerful support in daily life.
- Request you to please be on time for your meals.
- Kindly help maintain cleanliness and conserve water and electricity.
- The early morning meditation 4.15 am to 4.45 am (Amritvela) is an elevating experience. Do make it a point to attend the same.
- Observing silence during the course of your stay will create a more meaningful experience for you.
- If a situation arises where you need to leave the retreat early, please notify at the Conference Office before leaving.
- Certificate of Participation will be handed over to official nominations from government, only if the attendance record of the participant at **ALL** the sessions is **COMPLETE**.

~Hope you are filled with enriching experiences!~

~Om Shanti~