

Rules of retreat for Non-Citizen Sunlun Yogis

对于非缅甸籍禅修者的密集禅修规则

- 1. Please wear your ID card at all times throughout the entire meditation retreat. Please put on your ID as soon as we start the trip in Yangon, and make sure you are wearing the ID during the whole meditation time at Kyauk Padaung Sun Lun Monastery until returning to the Kabar Aye Sun Lun Monastery in Yangon .**

请确保您在整个禅修期间都佩戴着您的 ID 名字身份卡。请您从仰光出发时就佩戴好它，并且确保在加巴当孙伦寺禅修期间一直佩戴，直到回到仰光的卡巴耶孙伦寺为止。

- 2. Please mark your emergency contact details on the ID card clearly.**

请在 ID 名字身份卡上清晰写明您的紧急联系人信息。

- 3. Your bed number is marked on your ID card. Please find your allocated bed number on the wall in front of the beds.**

您的床位号标注在 ID 名字身份卡上。请按照床头墙上标注的床位号码，按号入住。

- 4. Please remember to wear your ID card during the three daily meditation sessions.**

请务必在每天三座禅修期间，都佩戴好 ID 名字身份卡。

5. Please be aware that you must attend all three daily meditation sessions (morning, afternoon and evening). You must not leave before the end of each session.

请注意，每天三次上座（早上，下午，晚上）不可缺席。

严禁在一座结束之前提前离开禅堂。

6. In accordance with the Sunlun Monastery's rules, you are not allowed to use any other meditation methods during your stay.

按照孙伦寺的规定，禁止在此期间使用其他禅修方法。

7. Please follow the instructions of the meditation instructors. Should you fail to do so, you will be asked to leave the meditation center.

请遵从禅修老师的指示。如不遵从，寺院有权让违反规定者离开。

8. Please inform the administration monk at the Kyauk Padaung Sun Lun Monastery immediately if you feel ill or unwell. They will assist you to make appointments with doctors, local clinics and/or hospitals.

如果您生病或身体不适，请及时告知加巴当孙伦寺的管理僧人。

他们会帮您联系医生，诊所或医院以便安排就诊。

9. Please note you are not allowed to visit any restaurants or arrange for any shopping deliveries to be sent to the Monastery. Should you need any specific items, please make a “shopping list” and contact the administration monk of the Kyauk Padaung Sun Lun Monastery.

严禁去寺外餐馆就餐。严禁安排商家送货物品到寺院。如果您有任何特殊需求，请写好采购单，并联系加巴当孙伦寺的管理僧人。

10. Cooking is not allowed. This applies to both indoor and outdoor areas near your hostel in the monastery.

严禁做饭。此禁令适用于寺院内所有室内和室外区域。

11. Please be considerate for your fellow yogi. Do not speak, laugh or sing or telephone in the living area and the meditation hall.

禅修期间，请尊重其他同修。请勿在居所及禅堂内大声说话，大笑，唱歌，讲电话。

12. Please remember to check and make sure all the lights and water are turned off before you leave for each meditation session.

每次上座之前，必须检查及确保宿舍的水和电已关闭。

13. Please remember to lock the hostel's main gate when you leave the building every time

每次离开宿舍楼时，请勿忘检查及锁好宿舍的大门。

14. You are not allowed to wear any revealing clothes such as short skirts, short trousers, short gowns, or widely opened blouses.

不允许着装暴露，例如较短的裤子，裙子，短礼服，过于敞开低胸的上衣等。

15. Please do not bring mobile phones to the meditation hall.

Please keep them in your hostel for safekeeping.

请不要带手机进入禅堂。请将其留在宿舍安全保管。

16. Any thick cushions are not allowed during the meditation. You can use thin blankets, but we strongly advice yogis to use only the meditation mats provided by the monastery.

禅修中不可使用任何厚的坐垫。您可以使用薄的垫子，但我们强烈建议您只使用禅堂提供的坐垫禅修。

17. Please arrive at the meditation hall prior to the beginning of each session.

请确保在每一座开始之前，就提前到达禅堂。

18. Please arrive at the dining hall on time for your meals. You are not allowed to bring any food, drinks, cutleries, and kitchenware from the dining hall back to your hostel. Please finish your meal in the dining hall only. No gathering is allowed after the dinning time.

请准时去食堂吃饭。严禁把任何食物，饮品，餐具，餐杯等食堂用具带回宿舍。请仅在食堂用餐。餐后不要聚集。

19. Please put the waste in the garbage baskets and bins provided.

请将垃圾倒进所提供的垃圾篮及垃圾箱内。

20. Please keep the meditation hall, your living area and the monastery's surrounding areas clean and tidy.

请保持禅堂，您居住的区域，以及寺院内的所有地方卫生整洁。

Please do not hesitate to contact the Kyauk Padaung Sun Lun Monastery for any complaints.

如果您有任何投诉反馈，敬请联系加巴当孙伦寺。