

Guidelines for Dress Code during Sun Lun Meditation Group Practice

共修着装指导

1. To respect Sangha, all Sun Lun meditation yogis — nuns, ladies, gentlemen, and all laymen (who have not received ordination as Buddhist monks by Sangha) , — it is forbidden to wear monk robes or clothes resembling monk robes during group meditation sessions.

为尊重僧团，所有孙伦禅法行者 — 包括出家尼，女士，男士，以及（未经僧团正式授出家戒的）居士，在集体禅修期间，禁止穿比丘袈裟，或类似比丘袈裟的服装。

2. We kindly request you to wear shirts that cover both shoulders and upper arms, either long sleeved or short-sleeved. Please avoid sleeveless garments such as tank tops.

敬请穿着能覆盖肩膀和上臂的上衣，长袖或短袖均可。请避免穿着露肩衣如背心之类的衣物。

3. We recommend wearing clothing that is comfortably fitting rather than overly tight.

请选择不过于紧身的衣着，以保持自在。

4. In the interest of maintaining decorum, please avoid garments with excessively low necklines, exposing too much of the chest or back.

为保持庄重，敬请避免穿着领口过低、露出过多胸部或背部的衣物。

5. We kindly request that you wear skirts or pants that completely cover the legs (including thighs and lower legs).

敬请穿着能完全遮盖腿部（包括大腿和小腿）的裙子或裤子。

6. In respect for the solemnity of the group practice, please refrain from wearing pajamas or only underwear.

为了共修的严肃与庄重，敬请避免穿着睡衣或仅着内衣参加。

7. We kindly request that you avoid wearing transparent or semi-transparent clothing, so as to uphold the dignified atmosphere of our practice together.

敬请避免穿着透明或半透明的衣物，以维持共修的庄重氛围。

8. The dress code for Sun Lun Meditation Group Practice generally emphasizes modesty and comfort. As long as the above principles are adhered to, there are no specific requirements for styles.

孙伦禅修法共修衣着总体以端庄大方、舒适为宜，只要遵循以上原则，并无特别款式要求。

Thank you for your co-operation and understanding.

感谢您的配合和理解。