

REGULATIONS FOR VISITORS OF THE DROPHAN LING CENTER IN DARNÓW

- Before arriving at the center, it is necessary to confirm the availability of places by phone or email at least 7 days before arrival.
- It is obligatory to all visitors to do 1 hour of karma of yoga (work for the center) a day. The scope of work is determined individually according to the skills and preferences of visitors.
- The center is our common good, let's take care of it as if it were our own home. Every visitor is obliged to clean up after himself: the room in which he lives and the common spaces he uses - kitchen, bathroom, hall, etc. If everyone will clean after himself, it will be easier to keep the center clean.
- Gompa, apart from the courses, is a place of retreats. Let's try not to disturb people in retraits. Individual practices with the use of instruments should be done so as not to disturb others. Please, make arrangement with other practitioners.
- Animals staying at the centre cannot disturb other people's peace. The owners must take care of them and also clean up after them. Dogs should be kept on a leash.
- Cars should be parked in such a way that they do not disturb others or block access roads and important places. It is advisable to park in the parking lot next to the gompa.
- Night hours are 11.00 pm until 7.00 am. From 10.30 loud behavior and playing of music is strictly prohibited.
- In the center is not allowed to smoke, use narcotics and abuse alcohol. In the gompa, apart from tsogs, it is forbidden to drink alcohol.

Individuals who do not follow the above rules will be, after the second reminder, removed from the center without reimbursement of stay or course fees

IMPORTANT INFORMATION REGARDING YOUR STAY AT THE CENTRE

- Please bring with you a sleeping bag, as the center provides beds and mattresses only.
- Apart from the courses, the centre does not provide meals or food products. There is a fully equipped kitchen at the disposal of the visitors, but grocery shopping should be done on their own.
- Please remember that in winter due to location and weather, access to Dropan Ling is difficult or even impossible without a 4-wheel drive car. Please consider this when planning your stay at the centre.