



House Rules

for your stay at Grüner Baum

Welcome to your retreat!

To promote a focused practice and cultivate a supportive community, we ask that you adhere to the following established guidelines:

1. Reminder of the Focus

- The *Grüne Baum* is dedicated to hosting retreats and occasional courses. It is a place of practice, study, and work with the mind.
- Everyone contributes to an atmosphere of mindfulness, respect, and goodwill.
- We support one another on our spiritual path.

2. Creating a Supportive Environment

- Please adhere carefully to the daily schedule, including meal and rest times.
- If you have conversations in your room, please keep your voice down so as not to disturb your neighbors.
- In the meditation room, you behave respectfully and considerately and maintain appropriate order.
- You arrive on time for the group meditations, teachings, and work sessions.
- You respect the fact that alcohol and drugs are not permitted, nor is smoking inside the house or in the garden.

3. Avoiding Distractions

- You should avoid using the internet and cell phones.
- During your retreat, you will not receive any visitors from outside.
- Likewise, you won't go out (for coffee or similar).
- And you should avoid shopping as much as possible—whether in person or online.

4. Supporting shared tasks

- You participate in the daily brief work meetings.
- You contribute reliably and carefully to all upcoming tasks.
- You should set aside about 1–2 hours daily for this.

5. Respecting the facility, equipment, and resources

- You keep your room clean and tidy.
- Under no circumstances should you hammer nails into the walls, as many rooms have wall-mounted heating systems that would be damaged as a result.
- You may use the washing machine and dryer, but please be mindful of conserving resources.
- You should treat the furnishings and all furnishings with the same care as the equipment (appliances, garden tools, etc.).
- You use heating, electricity, and water in a resource-efficient manner.
- And you handle the high-quality food with care and respect.

6. Contributing to Safety

- During your meditation session, you are welcome to light candles or tea lights and incense sticks. You must extinguish both immediately after your session, and in any case whenever you leave your room (even for a short time).
- You ensure that emergency exits and escape routes are always kept clear.
- Report any damage or unusual incidents to the house team immediately.

7. Arranging Arrival and Departure

- Please adhere to the agreed-upon dates and times for your arrival and departure as discussed.
- Upon departure, you must thoroughly clean your room and the windows and restore any changes made to the furnishings to their original condition.
- You remember to return any items you have borrowed.

8. Other important points to note

- Of course, you are liable for any damage you cause.
- If you fail to follow the house rules or engage in other misconduct, Ekayana reserves the right to terminate your retreat stay early.
- The Green Tree is a retreat center, not a residential project for long-term stays.



We thank you for your mindfulness and wish you a healing, inspiring,
and deepening practice time.