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**Your Vipassana Course - A-B9eYEV**

1 message

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**Vipassana Correspondence** <registration-calm@cz.dhamma.org>  
To: kumarshan25@gmail.com

Thu, Aug 15, 2024 at 11:48 PM



## Vipassana Meditation as Taught by S.N. Goenka

in the Tradition of Sayagyi U Ba Khin

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Dear Kumar Shantanu,

You have been accepted on Vipassana meditation course starting soon. If you know you are not able to participate, please, let us know as soon as you can. Otherwise, you don't need to contact us.

**You are kindly requested to bring along your own sleeping bag (or duvet), pillow, sheet, and towel. Thank You.**

**+420 775 215 210 - Czech registration mobile line (contact number for your family or friends in case of emergencies during the course)**

### Health

If there is any significant change in your physical or mental health, or use of medication, please notify us as soon as possible.

For the well-being of yourself and the other course participants, it is important that you are physically healthy when you arrive at the course. Coming to a course while unwell would make it difficult for you to meditate properly. It would also present a risk of infecting others on the course.

If you become ill close to the start of the course, please cancel your place and reschedule for a future date.

If you are taking medication, please remember to bring enough for the entire course.

### What To Bring

**Bedding:** We recommend bringing your sleeping bag (or duvet), pillow, and sheet.

**For meditation** – Bring your own meditation cushion and a warm blanket or shawl (floor-mats are provided).

**Clothing:** **Bring warm and comfortable clothing for the duration of your stay.** Only basic hand-washing facilities are available.

See the section *Clothing* in the [Code of Discipline](#).

Please avoid tight or revealing garments such as shorts, tank tops and transparent clothing. Your shoulders and knees should be covered.

Bring waterproof clothing, an umbrella and outdoor shoes. **Please bring two pairs of indoor shoes.**

**Toiletries:** A towel, soap, shampoo, toothpaste, toothbrush, unscented deodorant, shaving equipment, sanitary supplies, etc. Please do not bring any perfumes or strongly scented toiletries.

**Useful extras:** A torch and a travel alarm clock. Mobile phones or personal organizers cannot be used as alarm clocks. A water bottle and a thermos may also be helpful.

Shopping during the course is not possible.

## What Not to Bring

Please do not bring any unnecessary items to the course.

If you arrive at the course with any of the following you will be asked to leave them with the management after registration and you will not have access to them until the end of the course. They will be locked away.

- books
- writing materials
- religious objects
- drugs or tobacco in any form
- MP3 players and other electronic devices
- notebooks
- please do not bring your own food

*Please note:*

Please note that the course organisers are not responsible for your personal belongings. Czech Vipassana o.p.s. is not responsible for loss or damage of any kind.

Any special diets for a medical condition must be discussed with and approved by the registration prior to arrival.

The use of mobile phones is prohibited during the course, and you will be asked to hand in your mobile phones along with other valuables for safekeeping at the start of the course.

Please do read the [Introduction and Code of Discipline](#) carefully.

With kind regards,  
The registration team.

*You can follow the progress of your application, contact us, and read our privacy policy via [My Application form](#) .*

Czech Vipassana, o.p.s.

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