

Accommodation:

Women and men are accommodated in [separate rooms](#), huts (kutis) or the hall.

Clothes to wear at the temple:



Please bring white or brown loose fitting clothes (no inappropriate clothes like shorts or sleeveless shirts). Bring some washing powder, because you have to wash clothes by yourself.

White clothes (65% polyacryl, 35% cotton) can be bought at the temple shop.

Small size 400 thai baht, large size 500 baht and largest size 600 baht.

An alarm clock and Mosquito repellent can be useful while doing a retreat. If you have your own bedsheet or sleeping bag, it will be useful. We do supply pillows with cover, blankets and a mat.

Food:

7:30 a.m. breakfast. 11 a.m. lunch with vegetarian and non-vegetarian Thai and European dishes, desserts and fruits served buffet-style.

We keep [eight precepts](#) at the temple. There is no dinner. Drinks like juice, milk, soymilk and plain yoghurts are allowed in the afternoon. MC Brigitte always tries to have some there for the students, but if you like some special kinds please bring them with you.

Costs / Donations: Retreats are free of charge. Donations are welcome. Because we are always asked about how much one should donate to cover the costs for the temple, we recommend 300 thai baht per day or about 100 Euros/100 \$ per retreat for the temple. this will cover costs for water, electricity, maintainance of the place and food.

Teachers do not have any income except the donations they receive from the students. If you want to give a donation to support a teacher, please give it to the teacher directly. Envelops can be found at the meditation hall.

If you want to support [MC Brigittes' Social Projects](#) or the printing of Dhamma books in English, German and Thai language, these are not paid by the temple funds and can be given separately to MC Brigitte.