

Those yogi who come to meditate in the Kaba Aye Sun Lun Monastery need to follow the rules and regulations of the monastery.

(1). Those yogi staying in the Monastery must meditate three times per day.

Morning Session 7:00 Am to 9:00 Am

Afternoon Session 12:30 Pm to 2:30 Pm

Evening Session 6:15 Pm to 8:15 PM.

(2). All yogis must meditate in the meditation hall only.

(3). They are required to meditate full time per Session.

(4). All yogis must follow the instruction from the instructor who look after the meditation session.

(5). All yogis must not sit on any kind of cushion or thick blanket or towel. They can use thin mat or thin towel.

(6). In the meditation hall, all female yogis must wear Myanmar longyi (sarong) or long skirt. Female yogi must not wear short pants, short skirt or long pants. Female yogis are not permitted to wear short pants, short skirt and long pants in the monastery compound. Male yogis must not wear short pants in the meditation hall.

(7). No singing, dancing, and any kind of music are not permitted in the monastery compound.

(8). Breakfast (5:45am to 6:20am) and Lunch (10:45am to 11:30am) will be provided. All yogis are required to take their food within the stated time in the dining hall. The dining hall will be closed at 12:00Pm. It is a self-service system and all yogis must clean their own plate and place it at the indicated place.

(9). All yogis staying in the monastery must ask permission from the presiding Sayadaw to go out.

(10). No smoking is allowed in the public area. You can smoke only inside your room.

(11). Electricity and water should be used systematically as to avoid wasteful using.

(12). Using of alcohol, intoxicant and drugs are strictly prohibited.

(13). Male yogis are not allowed to go into female yogi's dormitory and female yogis are not allowed to go into monk and male yogi's dormitory.

(14). Cleaning of room, bathroom and toilet is a self-help basis.

(15). Rubbish should be put in at the appropriate waste bin.

(16). Cleanliness of the rooms dormitory and monastery compound and buildings is a priority for all yogis.

(17). The purpose of the stay in the monastery is for meditation. Political and business activity are not permitted inside the monastery compound.