



**THE TRUE
NORTH**

Your Guidance to Transcend and Transform



Rules & Regulations **Transformation Program ‘From Chasing to Attracting’**

Please go through following Rules & Regulations very carefully so you are aware of the eligibility criteria and also restrictions.

1. Hygiene

Participants are requested to take care of personal hygiene.

Treat the space and property as your own - help maintain the cleanliness and sanctity.

2. Physical Contact

- It is important that throughout the course you maintain respectable personal boundaries between all persons.
- Please ask permission before engaging in activities such as hugging, handshakes or any other form of physical endearment.
- During the duration of the program sexual intercourse is not allowed.

3. Dressing

Dress should be simple, modest, and comfortable. Tight, transparent, revealing, or otherwise striking clothing (such as short skirts or skimpy tops) should not be worn. Sunbathing and partial nudity are not permitted. This is important in order to minimize distraction to others.

4. Intoxicants and Drugs

No drugs, alcohol, or other intoxicants should be brought to the site; this also applies to tranquilizers and all other sedatives. Use of altering substances (tobacco, smoking, pan, zarda and taking snuff), is to be avoided during the duration of the stay and may result in disqualification from the program.

5. Food

It is not possible to satisfy the special food preferences and requirements of all the participants. Hence, you are kindly requested to make do with the simple vegetarian meals provided. The course management endeavors to prepare a balanced, wholesome menu suitable for inner work. If any participant have been prescribed a special diet/restricted diet because of ill-health, they should inform at the time of application. Dining hall is a silent zone and all meals, tea and snacks will be served only during the allotted time

6. Accommodation

- All accommodations will be twin sharing. People on discounted pricing will have non-attached bathroom and toilet.
- Basic laundry facility will be available. Participants will have to bring their towels and toiletries.
- Please respect lights-out and stay in assigned rooms only.
- Respect the personal space and quiet time of your roommate.
- Treat the space and property as your own - help maintain the cleanliness and sanctity.



7. Electronic Gadgets

Use of phones, laptops and other tech is only to be done during the scheduled daily personal time. Mobiles & Laptop's use is restricted to the accommodation rooms only or off campus. However, it is recommended that you make minimum use of electronic gadgets.

8. Recording Devices and Cameras

These may not be used except with the express permission of the facilitator.

9. Attendance

Participants are required to involve themselves in all activities of the Program.

10. Punctuality

Respect the daily schedule and be on time - for program activities, meals and break schedules.

11. Silence

Silence should be followed on the Property. The program is for intense inner work. Respect other's space. Refrain from excessive noise and activities that might be uncomfortable for others or activities that hinder the inner work that needs to be done during the course of the program.

12. On-site Presence

During the course of the program, participants are allowed to go out of the campus only during personal time and week-ends.

13. Prior Intimation

You have to sign up for the extra week-end workshops organized by the The True North at the time of on-site Registration.

14. General Conduct

- Lead with Compassion, Kindness and Love in thought, actions and words during the duration of the program
- Be supportive and sensitive to others and what they are dealing with. If unsure what to say or how best to help, refrain from giving advice.
- Use the month long stay to work on your breakthroughs, getting new insights, overcoming challenges and getting clarity on goals. This is not the place or time to self- promote or for business networking.
- Use the time allotted for various activities for the purpose it is intended. Refrain from idle chit-chat, gossip or socialization during this time.
- Keep it clean - in thoughts, words and actions. Leave judgment, criticism and shame, whether directed at yourself or anyone else, at the door.
- Talk with each other. Interact. Offer support. Always keeping in mind to keep an uplifting tone and with Compassion.
- Refrain from making untimely jokes, making fun of other participants.
- Discipline and decorum are to be maintained by the participants during the program.
- Take responsibility for the energy you bring to the space. Asking for help is welcomed. Complaining, Whining is not.
- Questions, doubts or need for clarifications should be directed to the facilitator so that everyone can benefit from the discussion and you are guaranteed to get the best answer. Refrain from seeking clarity from co-participants.



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15. Pre-Program Preparation

Participants are required to submit all the assignments min. 7 days prior to their arrival.
Participants are required to follow instructions given before arriving at the venue.

16. Early Arrival Accommodation

Prior intimation is required and will be accepted only on availability.

17. Overstay post Departure Date

Prior intimation is required and will be accepted only on availability

18. Bill Settlement

All the dues and bills are to be settled a day before the program ends.

Please note - Participants can be disqualified for continuous or constant breach of the above rules and regulations. The disqualification will be strictly at the discretion of the facilitator.