



Meditation Island - Koh Phaluai Retreat

POLICY & PREPARATION GUIDE





**ORGANIZED BY THE MAKKANUKA FOUNDATION, A REGISTERED
NON-PROFIT ORGANIZATION DEVOTED TO MINDFULNESS,
SIMPLICITY, AND COMPASSION.**

**WELCOME TO MEDITATION ISLAND, A PEACEFUL FOREST-
BASED RETREAT IN SOUTHERN THAILAND DEDICATED TO
MINDFUL LIVING AND SPIRITUAL GROWTH. BEFORE
REGISTERING, PLEASE READ THIS GUIDE CAREFULLY.
BY APPLYING, YOU CONFIRM THAT YOU UNDERSTAND AND
AGREE TO THE FOLLOWING CONDITIONS.**



1. REGISTRATION & DONATION CONFIRMATION

- Meditation Island operates on a donation-based system under the MAKKANUKA Foundation.
- There are no fixed prices or commercial fees. Your kind contribution supports food, accommodation, and the continuation of mindfulness retreats for all.
- Your booking is confirmed only after full donation has been received through cash or Thai Bank QR Code.
- On-site donation is accepted upon arrival at check-in, depending on space availability.
- Once your donation is received, you will receive a confirmation email with travel and retreat details.
- Spaces are limited and confirmed on a first-come, first-served basis.
- Please submit your flight or travel details at least three days before arrival for coordination
- All donations are non-refundable and considered practice-support contributions in accordance with Thai non-profit regulations.



2.CANCELLATIONS & RESCHEDULING

- All contributions directly sustain the island retreat, food offerings, and meditation facilities.
- If you cannot attend, your donation may be transferred to another retreat within 365 days of the original payment date.
- To reschedule, please contact the official WhatsApp before your scheduled retreat begins.
- Repeated cancellations or incomplete payments may result in limited future registration privileges to ensure fairness for all participants.



3.COMMITMENT & INTENTION

- This retreat is intended for those who sincerely wish to cultivate mindfulness, inner peace, and simplicity.
- Please register only if you are ready to observe the retreat guidelines and live in harmony with nature and others.



4. ACCOMMODATION

You will stay in a simple forest hut (kuti) designed for quiet reflection and meditation.

Each kuti includes:

- Thin mattress, leather mat, pillow, and meditation cushion
- Fan (no air-conditioning)
- Cold-water shower and manual-flush toilet
- Basic power outlet with limited electricity
- No Wi-Fi or internet access





PLEASE NOTE :

- THERE ARE NO WASHING MACHINES; PARTICIPANTS HAND-WASH CLOTHES AND DRY THEM OUTSIDE.
- WATER AND ELECTRICITY ARE LIMITED, SO PLEASE USE BOTH MINDFULLY.
- SOME HUTS HAVE PRIVATE BATHROOMS; OTHERS SHARE FACILITIES.

**THESE SIMPLE CONDITIONS HELP CULTIVATE MINDFULNESS,
CONTENTMENT, AND GRATITUDE.**

*BEGIN YOUR MINDFUL
JOURNEY*



5.SOLITUDE, SILENCE & RESPECT FOR NATURE

- Koh Phaluai is a natural island surrounded by sea, forest, and wildlife. It is a sacred space for stillness and mindfulness.
- Noble Silence is observed at all times except during Dhamma talks, meals, and necessary communication.
- Community chores such as cleaning, gardening, or helping around the retreat are part of the mindfulness practice.
- We respect all forms of life, from monkeys to mosquitoes, following the principles of Sila and the Noble Eightfold Path.
- Please do not feed, touch, or play with animals.
- If you encounter monkeys, walk calmly past them without staring or making noise.
- Avoid disturbing wildlife or entering their natural habitats.
- There is no hospital or clinic on the island, and the ferry operates only 1-2 times a day. Please bring all personal medications and health supplies.
- Living mindfully means walking gently and respectfully on this sacred island.





6.SIMPLICITY & DAILY PRACTICE

Following the Thai Forest (Thudong) tradition, participants are encouraged to live simply and practice mindfulness in every action.

- Dress modestly and appropriately
- Limit belongings to only what is necessary
- Eat mindfully, one main meal per day
- Accept accommodations and conditions with gratitude
- Avoid complaining, comparing, or seeking comfort

Simplicity is the foundation of wisdom and inner freedom.

7.MEALS

Eating at Meditation Island is part of the mindfulness training.

- There is one main meal per day, a Thai-style buffet with meat and vegetables.
- Strict vegan, gluten-free, or special diets are not available.
- Meals may be served once or twice daily depending on the retreat schedule.
- Food is offered through Dāna (generosity) by local supporters.
- Please receive and eat meals mindfully, reflecting on gratitude and moderation.

8.DEVICES & TECHNOLOGY

To support concentration and inner stillness:

- All mobile phones and electronic devices must be safely stored with the assigned nun or coordinator.
- Devices may be used only from 7:00 AM to 8:30 AM, then returned immediately.
- Use outside these hours is allowed only for emergencies. Accept accommodations and conditions with gratitude.
- A digital pause allows space for peace, clarity, and genuine connection with yourself and nature.

9.CONDUCT & COMMUNITY GUIDELINES

To maintain harmony, respect, and safety for all participants:

- Only registered participants may stay on the grounds
- Keep noise to a minimum and avoid unnecessary conversation
- Leaving the retreat area requires permission from the coordinator
- Men and women stay separately
- Physical contact between men and nuns is not allowed
- Keep valuables secure; the retreat is not responsible for lost items



**Begin
Here**

10.SAMPLE DAILY SCHEDULE

Time	Activity
04:30 – 06:00	Morning wake-up, chanting, and meditation
06:00 – 06:40	Mindful morning chores and community service
06:40 – 07:30	Join the nuns for the daily alms round (Pindapata) , a peaceful walk to receive food offerings (alms) from local villagers, an ancient practice of humility and gratitude
7:30 – 10:00	Main meal (Thai-style buffet, one meal per day) ; Eaten mindfully in silence
10:00 – 12:00	Rest, personal reflection, or mindful walking
12:00 – 14:00	Group meditation, long silent sitting, and walking sessions
14:00 – 17:30	Rest or personal practice
17:45 – 20:00	Evening chanting and meditation
20:00 – 21:30	Dhamma talk or guided reflection
21:30	Lights out / rest

- The schedule may vary slightly depending on the teacher's guidance or weather conditions.
- Only one main meal per day is served, following the traditional forest monastic routine.



11. TRAVEL INFORMATION



BY AIR (BANGKOK TO SURAT THANI)

- AirAsia: 07:15–08:30
- Lion Air: 07:20–08:40
- Nok Air: 06:00–07:10



GROUND AND FERRY TRANSFER

- Public Ferry – Raja Ferry Service
- Ferry Operator: Raja Ferry Service
- Departure Pier: Raja Ferry Pier, Don Sak
- Destination: Koh Phaluai
- Travel Time: Approximately 1.5–2 hours
- 350 THB per person
- Vehicle transport: Cars allowed 1,000 THB per car (includes one driver)

****Please Note:**

- Ferry prices may vary according to Raja Ferry's official rates and schedule updates. Since ferry times can sometimes be delayed or changed due to weather or sea conditions, we recommend checking the current schedule with us directly via WhatsApp before your travel.
- For travel from Koh Phaluai to Don Sak, if you have a flight before 6:00 PM, we strongly advise staying overnight in Surat Thani. This ensures a smooth and stress-free connection, as ferry arrivals cannot always be guaranteed on time.



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12.DRESS CODE

Appropriate dress maintains respect and mindfulness during the retreat.

☑ I understand that:

- must wear a brown or white shirt with black or brown long pants (អាវតេតុង), no shorts.
- Clothing must be modest, comfortable, and suitable for meditation and chanting.
- Loose-fitting, breathable fabrics such as cotton or linen are best.

Recommended:

- Harem pants, fisherman pants, yoga pants, and flowy tunics in neutral or earth-tone colors such as brown, white, beige, or black.
- Avoid bright, patterned, or tight clothing. Simplicity supports serenity.

13.What to Bring

- Sleeping bag or blanket
- Flashlight or headlamp
- Three or four modest clothing sets
- Warm layer or scarf
- Toiletries such as soap, shampoo, toothbrush, towel
- Flip-flops and light walking shoes
- Mosquito repellent
- Personal water bottle
- Daily medication or supplements
- Small backpack for ferry and island travel



14. Final Message

This is not a holiday or comfort retreat. It is a training ground for the heart and mind. You are invited to step away from distractions, live simply, and cultivate awareness in every breath.

If you come with sincerity, humility, and patience, this island will offer peace, clarity, and transformation. If you are seeking convenience or leisure, we kindly recommend a different program more suited to your needs.

Meditation Island - Koh Phalrai

A Non - Profit Mindfulness Retreat in Thailand
Guided by simplicity, silence, and compassion.

