



Advanced Weekend Meditation Retreat

Meditation concepts and practice for positive personal transformation

The aim of the advanced meditation retreat is to offer participants who have previously attended our regular weekend retreats, and are experienced meditators an opportunity to experience a deeper level.

As humans we often struggle emotionally when confronted with adverse circumstances. Even when our lives are relatively easy, we can struggle with emotions such as anger, fear, jealousy, and our ego. We feel frustrated when we don't get what we want, when we lose what we once had, and when we have to deal with things we don't want to.

The 2,600-year-old tradition of Buddhist psychology has been helping people redirect these emotions for many years. With committed practice, everyone can gradually learn to become more mindful and peaceful in life, even in the face of significant suffering. Cultivating mindfulness is, and has always been, a deeply personal journey of discovery. Join us to learn more

Cost:

\$110 / person for a Triple Share

\$130 / person for a Twin Share

\$170 for a Single suite

Date:

See application form

Bookings are essential

For further information please contact:

**Nan Tien Temple Pilgrim Lodge
PO Box 1336, Unanderra NSW 2526**

Phone: (02) 4272 0500

Fax: (02) 4272 0690

Web: www.nantien.org.au

Email: pilgrimlodge@nantien.org.au

Prices and dates are subject to change without notification

Registration at Pilgrim Lodge by: **9:00 am Sat**
Retreat begins: **9:30 am Saturday**
Check out: **1 pm Sunday**



FOR YOUR INFORMATION

PLEASE RETAIN THIS SECTION FOR PERSONAL REFERENCE

IMPORTANT: PLEASE READ CAREFULLY

We only serve vegetarian food, it is also essential that you are aware:

NO meat

NO seafood

NO alcohol

AND no smoking is permitted on temple grounds.

Please ensure that you bring the following items:

1. Warm comfortable clothing; preferably loose items such as skivvies or tracksuits, which can be worn under the lightweight uniform (if required) especially in the cooler months.
2. Comfortable and covered walking shoes and **socks** e.g. sneakers or joggers. Thongs and slippers are not acceptable.
3. Reading glasses
4. Toiletries

Participants need to be awake by 6am and be in rooms by 10pm.

Noble Silence must be observed throughout the retreat in order to experience the richness and benefits that it brings. Please be considerate of others and maintain Noble Silence.

We look forward to sharing the experience of the retreat with you and hope that you take home the same appreciation of meditation as we do.

Weekend Meditation Retreat

Application Form

2010 Program Dates: (Please tick)

Nov: 20 – 21 (Advanced)

First Name: _____ Surname: _____

Address: _____ Suburb: _____

State: _____ Postcode: _____ DOB: ____/____/____

Tel: (H) _____ Fax: _____

(W) _____ Email: _____

Car reg: _____ Gender: M or F (Please Circle)

Occupation: _____

Please provide size for uniform X Small Small Medium
Strictly confidential Large X Large XX Large XXX Large

Roommates:

1. _____ Triple Share \$110 pp (Single gender rooms only)
2. _____ Twin Share \$130 pp (Single gender rooms only)
 Single Suite \$170

Each person attending **MUST** complete their own application form.

Your booking is not secure until full payment is received, to prevent disappointed we recommend payments be made at time of booking. If a cancellation is made less than 7 days prior to the retreat the full amount is non-refundable.

Payment Options:



Credit Card
By Phone or fill in details below



Cheque or Money Order
Payable to 'IBAA'



Cash
In person

Please tick: Master Card Visa

Card No: _____ Expiry Date _____

Name on Card _____ (please print clearly)

Amount _____ Signature of Cardholder _____

Comments _____ _____ _____	Cheque/MO/Cash
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Section A:

- Punctuality for classes is essential.
- During meditation, please keep complete noble silence. (Strictly required)

Section B:

1. What meditation, techniques or therapies do you practice and/or have practiced?

Please give details _____

2. Have you ever participated in Nan Tien Temple Retreats before? If so, give details _____

3. Do you have any health conditions (including mental health)? *Please specify*

4. Are you taking any medication?

If so, please specify _____

5. For the advanced retreat you will need to be able to complete:

Walking meditation (20min sessions), Sitting meditation (30min sessions)

6. Have you participated in any Tai - chi before? _____

Please check in / register at the Nan Tien Temple Pilgrim Lodge where a lightweight uniform is provided. At the completion of the Retreat please return the uniform to the Pilgrim Lodge Reception. No slippers or thongs to be worn at the Temple at all times; **socks** and covered shoes are essential.

I hereby declare that I have read all the information provided and accept the terms and conditions. I take full responsibility and liability for my own health and safety, including any accidents, risks, or “acts of nature” during the retreat.

Signature: _____ Date: ____/____/____