



ONE DAY RETREAT



MEDITATION, BUDDHISM STUDY & LUNCH

PEACE ■ TRANQUILITY ■ HOPE ■ FAITH

WHEN: February: 14th March: 24th June: 2nd July: 28th

August: 11th August 25th September: 29th October: 27th

WHERE: MEET AT RECEPTION

TIME: 9AM ~ 4PM

COST: \$50.00



This retreat is an opportunity for a short escape. It will give you perspective and will allow you to refocus. Learn the basics of Buddhism if only out of interest; or to adapt the Buddhist teachings to your daily life. Buddhism study will open your mind to new ideals and will give you the tools necessary to find your inner self.

Spend a day in total relaxation, free your mind of negative thoughts, and free your spirit for cultivation.

This program is suitable for all, regardless of background and experience.

For further information please contact us

Nan Tien Temple

PO Box 1336

UNANDERRA NSW 2526

Ph: (02) 4272 0600

Fax: (02) 4272 0601

Email: nantien@fgs.org.au

URL: <http://www.nantien.org.au>

1. Prices are GST inclusive 2. Effective 22nd November 2011. 3. Prices and dates are subject to change without notice 4. Cancellation of the retreat due to unforeseen circumstances may occur, however, in this instance, you may opt for a refund, or you may postpone.

ONE DAY RETREAT

Application Form

Program Dates: 2012. Please tick your choice.

- FEB: 11th MAR: 24th JUNE: 2nd JULY: 28th
 AUG: 11th AUG: 25th SEP: 29th OCT: 27th

First Name: _____ Surname: _____

Address: _____

Suburb: _____ State: _____ Postcode: _____

DOB: ____/____/____ Occupation: _____

Tel: (H) _____ Mobile: _____

(W) _____ Email: _____

Health Concerns

The activities included in this retreat will have proven benefits to your physical and mental health. However, if you have any health problems which may interfere with your comfort in these activities, please let us know. Also, if you have any food allergies, please inform us so we can arrange alternative meals to cater for your needs.



I take full responsibility and liability for my own health and safety, including any accidents, during the retreat. Full payment is required 1 week before retreat begins. No refunds within 1 week of retreat. No slip on shoes or thongs to be worn within the Temple grounds at any time. Socks and covered shoes are essential.

Signature: _____ Date: ____/____/____

Payment Options:

Cheque or Money Order (Payable to 'IBAA') **Cash**

Credit Card By Phone or fill in details below

Please tick:  MasterCard  Visa

Card No: _____ Expiry Date _____

Name on Card _____ *(please print clearly)*

Amount _____ Signature of Cardholder _____

Office Use Only:

Fee Paid Yes, Amount: \$ _____ No.

Handled by: _____ Date: / /

Cheque/MO/Cash