



# ONE DAY RETREAT



## MEDITATION, BUDDHISM STUDY & LUNCH

PEACE ■ TRANQUILITY ■ HOPE ■ FAITH

**WHEN:** 23<sup>rd</sup> October & 27<sup>th</sup> November 2010  
**WHERE:** MEET AT RECEPTION  
**TIME:** 9AM ~ 4PM  
**COST:** \$40.00



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](mailto:nantien@fgs.org.au)  
URL: <http://www.nantien.org.au>

1. Prices are GST inclusive 2. Effective 27th March 2010. 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

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**Program Dates: 2010. Please tick your choice.**

**July: 24<sup>th</sup>** Full     **Sept: 25<sup>th</sup>** Full     **Oct: 23rd**     **Nov: 27th**

First Name: \_\_\_\_\_ Surname: \_\_\_\_\_

Address: \_\_\_\_\_

Suburb: \_\_\_\_\_ State: \_\_\_\_\_ Postcode: \_\_\_\_\_

DOB: \_\_\_\_/\_\_\_\_/\_\_\_\_ Occupation: \_\_\_\_\_

Tel: (H) \_\_\_\_\_ Fax: \_\_\_\_\_

(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 slippers or thongs to be worn within the Temple grounds at any time. Socks and covered shoes are essential.

Signature: \_\_\_\_\_ Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

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### Payment Options:

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

**Credit Card**                      By Phone or fill in details below

Please tick:   **Master Card**      **Visa**

Card No: \_\_\_\_\_ Expiry Date \_\_\_\_\_

Name on Card \_\_\_\_\_ *(please print clearly)*

Amount \_\_\_\_\_ Signature of Cardholder \_\_\_\_\_

<b>Office Use Only:</b>	Cheque/MO/Cash
Fee Paid <input type="checkbox"/> Yes, Amount: \$ _____ <input type="checkbox"/> No.	
Handled by: _____ Date: / /	