



Weekend Meditation Retreat

Meditation for cultivation & inner peace

Monastic life is not an option for many of us; however we all love and need to retreat from the world occasionally. Such retreats allow us to refocus.

Nan Tien Temple offers the perfect retreat; peace, tranquillity and comfort. Stay in the unique Pilgrim Lodge and enjoy vegetarian cuisine.

Meditation will teach you to be mindful of your actions and to control and train your mind & body for inner peace. Whether you are a beginner or an advanced practitioner, the tool of mindfulness will bring more awareness to your daily actions and interactions with others.

The proven benefits of meditation include emotional management, stress release, improved health. Through practice you can free your mind of negative thoughts and free your spirit for cultivation.

The program is suitable for all, regardless of background.

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 should be observed throughout the retreat in order to experience the richness and benefits that it brings. Please be considerate of others and try to 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.

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Application Form

2010 Program Dates: (Please tick)

~~March: 13-14~~ FULL ~~April: 17-18~~ FULL June: 5-6 July: 10-11

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	<input type="checkbox"/> X Small	<input type="checkbox"/> Small	<input type="checkbox"/> Medium
<i>Strictly confidential</i>	<input type="checkbox"/> Large	<input type="checkbox"/> X Large	<input type="checkbox"/> XX Large <input type="checkbox"/> XXX Large

Roommates:

- | | |
|----------|---|
| 1. _____ | <input type="checkbox"/> Triple Share \$110 pp (Single gender rooms only) |
| 2. _____ | <input type="checkbox"/> Twin Share \$130 pp (Single gender rooms only) |
| | <input type="checkbox"/> 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. Full Payment is required 2 weeks prior to the retreat application. 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, technique or therapies have you tried, if any?

Please give details _____

2. Have you ever participated in the Nan Tien Temple Retreat 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. Are you able to do

Walking meditation (20 minutes)

Sitting meditation (20 minutes)

If not, please specify problems _____

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: ____/____/____