



# 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:**

\$150 / person for a Triple Share  
\$160 / person for a Twin Share  
\$200 / 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](http://www.nantien.org.au)**

**Email: [pilgrimlodge@nantien.org.au](mailto:pilgrimlodge@nantien.org.au)**

Prices and dates are subject to change without notification

Registration at Pilgrim Lodge **8:30 - 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. Seasonal comfortable clothing; preferably loose items such as T-shirts or track suit, which can be worn under the lightweight uniform especially, in the cooler months.
2. Comfortable and covered walking shoes and **socks** e.g. sneakers or joggers. Thongs and slip on shoes 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.

# Beginners Weekend Meditation Retreat

## Application Form

2012 Program Dates: *(Please tick)*

- 10 -11 March     14 -15 April     16 - 17 June     14 -15 July     4 - 5 Aug  
 22 - 23 Sep     20 - 21 Oct     17 - 18 Nov

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

\* Larger size participants can bring their own grey pants if desired

Roommates: \_\_\_\_\_ Prices are all inclusive  
 1. \_\_\_\_\_  Triple Share \$150 pp **(Single gender rooms only)**  
 2. \_\_\_\_\_  Twin Share \$160 pp **(Single gender rooms only)**  
 Single Suite \$200 pp

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

**Full payment is to 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, 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 food allergies, heart conditions, mental health etc...)? *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 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 slip on shoes 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: \_\_\_\_/\_\_\_\_/\_\_\_\_