



# 3 Day Weekend Meditation Retreat

## Meditation concepts and practice for positive personal transformation

The 3-day meditation retreat is the perfect retreat for participants who would like to practise for longer periods in order to settle the mind & reach 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 may feel frustration and anxiety in our lives, yet we do not know how to deal with these feelings?

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 .....

Your retreat will include instruction in sitting and walking meditation. Tea Ceremony, Tai Chi, guided tour and Dharma Talks by resident Venerables further enhance learning. Be witness to traditional Buddhist ceremonies and practice.

**Please note: Some physical and psychological conditions may impede your Retreat experience. Please see next page for details.**

### **Cost of 3 day Retreat:**

\$230 / person for a Triple Share

\$240 / person for a Twin Share

\$310 / for a Single Suite

**For further information please contact:**

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

### **Date:**

See application form

Bookings are essential

**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

Check-in Pilgrim Lodge: **From 1pm – 6pm**

Dinner is served at **6pm Sharp** (Dinner Box for late arrivals can be organised (please advise by 5pm).

Retreat begins: **7.00 pm**

Check out: **1pm Sunday**



## **IMPORTANT INFORMATION SO YOU CAN GAIN THE MOST BENEFIT FROM THE RETREAT**

1) This Retreat includes activities such as Tai Chi, walking meditation and sitting for prolonged periods of time. Pregnant women and those with physical ailments/ill-health are advised to consult their Doctor to assess their suitability.

2) Meditation and self-contemplation can provoke negative feelings in some people experiencing psychological issues. Those affected are urged to seek medical advice from their Health Care Professional before applying.

***We cannot accept any responsibility for complications that may arise.***

### **FOR YOUR INFORMATION**

**PLEASE RETAIN THIS SECTION FOR PERSONAL REFERENCE**

#### **Please ensure that you bring the following items:**

- ✿ Seasonal comfortable clothing; preferably loose items such as singlets or tracksuits, which can be worn under the lightweight uniform especially, in the cooler months.
- ✿ Comfortable and covered walking shoes and **socks** e.g. sneakers or joggers; **thongs or slip-on shoes are not acceptable.**
- ✿ Reading glasses, personal toiletries and medication.

#### **Important: please read carefully**

- ✿ We only serve vegetarian food, it is also essential that you are aware: **NO meat, seafood, alcohol or smoking** is permitted on temple grounds or Pilgrim lodge.
- ✿ Mobile phones or electronic devices, all must be switched off during the retreat.
- ✿ Participants need to be awake by 6am and be in rooms by 10pm.
- ✿ The meditation retreat explores meditative practise taught in Buddhist traditions. You do not need to be Buddhist to attend or practise however some theoretical foundations may be explored. Depending on the extent of the retreat there may be some teaching of Buddhist doctrines & practices. These will enable you to get maximum benefit of the practice of meditation.
- ✿ **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.

# 3 Day Weekend Meditation Retreat

## Application Form

2017 Program Dates: (Please tick)  24-26 March  23-25 June  27-29 October

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

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

State: \_\_\_\_\_ Postcode: \_\_\_\_\_ DOB: \_\_\_\_/\_\_\_\_/\_\_\_\_

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

(W) \_\_\_\_\_ Email: \_\_\_\_\_

Car reg: \_\_\_\_\_ Gender:  M  F

Occupation: \_\_\_\_\_

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

\*We recommend larger size participants bring their own grey track pants/leggings.

Roommates:

1. \_\_\_\_\_

2. \_\_\_\_\_

Prices are all inclusive

Triple Share \$230 pp (**Single gender rooms only**)

Twin Share \$240 pp (**Single gender rooms only**)

Single Suite \$310 pp

Each person attending **MUST** complete their own application form. Driving license, passport or Photo ID to be presented on arrival.

**IMPORTANT! Payments must be made at time of booking. Unpaid applications are no longer accepted.** If a cancellation is made less than 7 days prior to the retreat the full amount is non-refundable. Refunds will incur a \$30 admin fee.

### 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
-------------------------------------	----------------

**Section A:**

- Punctuality for classes is essential.
- During meditation, please keep complete noble silence. (Strictly required)
- Dinner is provided on Friday night. Served at 6pm sharp.
- Retreat commences at 7pm sharp.

**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 we need to know for health reasons?

*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: \_\_\_\_/\_\_\_\_/\_\_\_\_