



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 unwholesome 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 practices.

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

Cost:

\$450 Single Suite
\$370 Twin Share

Date:

See application form
Bookings are essential

For further information please contact:

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

Address: 180 Berkeley Rd, Berkeley NSW 2506

Phone: (02) 4272 0500

Web: www.nantien.org.au

Email: retreat@nantien.org.au

Check-in Pilgrim Lodge: **1 pm – 6 pm on Friday**

Dinner is served at **6 pm Sharp on Friday** *Dinner Box for late arrivals can be organised (please advise by 4.30pm).

Retreat begins: **7 pm Friday** Check out: **1 pm Sunday**

FOR YOUR INFORMATION

PLEASE RETAIN THIS SECTION FOR PERSONAL REFERENCE

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, medical or mental conditions are required to consult with their doctor to assess their suitability to participate. We may require you to provide us with written approval or clearance from your doctor before accepting your application to participate in the retreat.
- 2) Meditation and self-contemplation can provoke negative feelings in some people. Those affected are urged to seek medical advice from their healthcare professional before applying. We may require you to provide us with written approval or clearance from your doctor before accepting your application to participate in the retreat.

By submitting this form, you expressly warrant to us that you have disclosed all known physical, medical or mental conditions and that you are not aware of any other conditions which may affect you or your actions during the retreat. Nan Tien Temple is expressly excluded from any liabilities arising from your failure to disclose to us your health condition, or failure to follow our reasonable directions at any time.

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 allowed.**
- ✿ Reading glasses, personal toiletries and medication.

TERMS AND CONDITIONS

- ✿ During the retreat you agree to comply with our directions and Nan Tien Temple's general terms and conditions, which can be accessed at <https://www.nantien.org.au/app/application/view/termsandconditions.php>. If requested by you in writing, we will provide you with a copy of these terms and conditions. **Nan Tien Temple reserves the right to remove any participants who do not comply with its general terms and conditions, during the activities.**
- ✿ Nan Tien Temple reserves the right to amend its general terms and conditions at its sole discretion. You may find the latest version of the terms and conditions in the link referred to above.
- ✿ Nan Tien Temple reserve the right to reject any application at its absolute discretion.
- ✿ During the retreat you will be assigned accommodation at the Pilgrim Lodge. During your stay please follow the Pilgrim Lodge's terms and conditions which can be accessed at shorturl.at/bFJ01
- ✿ Please let us know on or before you apply for this program if you have any physical, medical or mental health-related conditions which may interfere with your participation in these activities as we may require you to obtain approval and clearance from your doctor for you to participate in the retreat.

- ⊗ Where permitted by law, Nan Tien Temple is expressly excluded from any liabilities arising from your own negligence, actions or omissions. You are fully responsible and liable for your own health and safety, including any accidents, during the retreat.
- ⊗ You agree to indemnify Nan Tien Temple against any claim, loss or damage suffered in the event your negligence, actions or omissions cause harm to Nan Tien Temple, its agents, contractors, employees, patrons or visitors.
- ⊗ Participants must be aged 16 or above. All participants aged 16 or 17 must be supervised by the participant's parents or an adult person authorised by the participant's parents in writing to supervise the said participant.
- ⊗ 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.
- ⊗ All mobile phones or electronic devices must be switched off during the retreat.
- ⊗ Participants need to be awake by 6 am and return to their respective rooms by 10 pm.
- ⊗ The meditation retreat explores meditative practice 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 from the practice of meditation.
- ⊗ **Gender Segregation** in Meditation Hall: Nan Tien Temple is dedicated to preserving and sharing traditional Buddhist practices. Our meditation retreats are designed in accordance with these age-old practices, which include certain rules and regulations to enhance the spiritual experience.

In keeping with traditional Buddhist practices, **participants will be seated separately in the Meditation Hall based on gender**. This practice is intended to minimise distractions and facilitate a deeper focus on individual meditation practice. Our approach to gender segregation is not intended to discriminate but to uphold the traditional meditation environment. We seek your understanding and respect for these practices. By applying for this retreat, participants acknowledge and consent to these practices.

- ⊗ **Noble Silence:** Noble Silence should be observed throughout the retreat in order to experience the richness and benefits that it brings. Noble Silence means no talking or non-verbal communication, except in emergencies or discussion times with the Reverend/Teacher. The practice of Noble Silence assists us in clearing the clutter within our minds, creating a calm environment, and is an essential foundation for the powerful inner work our meditation retreats facilitate. **Nan Tien Temple reserves the right to remove any participant who does not observe Noble Silence or follow the instructions of our Reverend/Teacher during the retreat.**
- ⊗ **Food Allergies:** All of our meals are vegetarian, not necessarily vegan. Please note we serve a daily set menu to all participants, which may contain traces of fungi and nuts. Please inform us in writing if you have any food allergies and the details of the allergies, so we can **try** to arrange alternative meals to cater for your needs. **We will let you know in the unfortunate event we are unable to cater for your dietary needs. If you have food allergies/intolerances, please email Pilgrim Lodge at retreat@nantien.org.au to discuss catering arrangements.**

3 Day Weekend Meditation Retreat Application Form

2024 Program Dates: (Please tick) 19 - 21 April 28 - 30 June
 18 - 20 October

First Name: _____ Surname: _____ Gender: M F

DOB: ___/___/_____ Occupation: _____ Car Rego: _____

Address: _____

Suburb: _____ State: _____ Postcode: _____

Tel/Mobile: _____ Email: _____

Please provide size for uniform X Small Small Medium Large

Strictly confidential X Large XX Large* XXX Large*

*For your personal comfort, we recommend that you bring your own set of grey track pants/leggings.

Roommate (If left blank, you are authorising the temple to allocate a roommate for you:

Prices are all inclusive

Single Suite \$450 pp.

Twin Share \$370 pp. (Single gender rooms only)

1. _____

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

Payment and Refund Policy

- All prices are GST inclusive.
- The prices and dates of the Retreat are subject to change without notice.
- **Full Payment must be made at time of booking. We will notify you once your booking has been accepted by us. Bookings for unpaid applications will not be approved.** You will not receive a refund for any cancellation made less than 7 days prior to the commencement of the retreat. **All refunds will incur a \$50 administration fee.**
- Cancellation of the retreat due to unforeseen circumstances may occur, however, in this instance, you may opt for a refund, or you may apply to defer to another date **within the same calendar year** depending on availability. Participants are only allowed one deferral (change of Retreat date) free of charge. No subsequent deferrals will be accepted.
- Please visit <https://www.nantien.org.au/app/application/view/refunds-policy.php> for more information.

Privacy Policy

The information being sought in this form is collected for the purposes of processing your application. The information may be accessed and used by people employed or engaged by the Temple or its interrelated organisations in accordance with the Nan Tien Temple Privacy Policy. Please visit <https://www.nantien.org.au/app/application/view/privacy-policy.php> for more information.

Media Policy Agreement

By ticking 'I agree', you give us consent to use your photographs, images, video, or audio recordings of the classes and activities during the event for temple records, website and future publications in print or digitally **I agree**

Payment Options:

Credit Card By Phone or fill in details below **Cheque or Money Order** (Payable to 'IBAA Incorporated') **Cash**

Please tick: Master Card  Visa 

Card No: _____ Expiry Date _____

Name on Card _____ (please print clearly)

Amount _____ Signature of Cardholder _____

Office Use Only

Fee Paid: Yes, Amount: \$_____ Handled by: _____ Date: / /

Section A:

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

Section B:

1. Do you have any food allergies/intolerances? Yes No

If you answered 'Yes', please complete the following details:

2. Please specify the type(s) of allergy/intolerance:

3. Severity of Reaction:

- Mild (e.g., minor itching, slight discomfort)
- Moderate (e.g., rash, gastrointestinal symptoms)
- Severe (e.g., difficulty breathing, anaphylaxis)

4. If the reaction is moderate or severe, please specify the details:

5. Additional information or dietary restrictions:

Please provide any **further details** about your food allergies/intolerances or any other dietary restrictions you have:

If you would like to discuss catering arrangements, please email us at retreat@nantien.org.au.

6. Do you have any health conditions (including any known or existing physical, medical or mental health conditions, allergies, etc.)? *Please specify*

7. What meditation, technique or therapies have you tried, *if any*?

Please give details _____

8. Have you ever participated in the Nan Tien Temple Retreat before? *If so, give details*

9. Are you taking any medication we need to know for health reasons? *If so, please specify*

10. Are you able to do the following without causing injury to yourself or others and without experiencing discomfort (please **tick** the appropriate box to confirm that you are able to perform the requisite activity):

Walking meditation (20 minutes)

Sitting meditation (20 minutes)

If not, please specify why _____

11. 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 may be worn at the Temple at all times; **socks and covered shoes are mandatory on the temple ground.**

I hereby declare that I have read and considered all the information contained and referred to in this form. I confirm I accept the terms and conditions. I confirm that I have made all appropriate disclosure as required under this form. 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: ____/____/____
(A typed signature is considered valid)