



# ONE DAY RETREAT



## MEDITATION, BUDDHISM STUDY & LUNCH

PEACE ■ TRANQUILITY ■ HOPE ■ FAITH

**WHEN:** 23rd Feb 13th Apr 4th May 22nd Jun 20th Jul  
17th Aug 28th Sep 26th Oct 23rd Nov

**WHERE:** MEET AT INFORMATION CENTRE *\*Third floor left hand side*

**TIME:** 9AM ~ 4PM

**COST:** \$60.00

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.

**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.

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: [info@nantien.org.au](mailto:info@nantien.org.au)

URL: <http://www.nantien.org.au>

1. Prices are GST inclusive
2. Effective 22<sup>nd</sup> November 2018.
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

Program Dates: 2019 Please tick your choice.

- 23rd Feb     13th Apr     4th May     22nd Jun     20th Jul  
 17th Aug     28th Sep     26th Oct     23rd Nov

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

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

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

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

Tel: (H) \_\_\_\_\_ Mobile: \_\_\_\_\_

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

Health Conditions (including food allergies, mental health etc):  
\_\_\_\_\_

### 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 within 14 days of Application Form lodgment. No refunds within 1 week of retreat.** No slip on shoes or thongs to be worn within the Temple grounds at any time. Socks and covered shoes are essential.

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

### Media Policy Agreement

By ticking 'I agree', this indicates that 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     **I agree**

### Payment Options:

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

Credit Card    By Phone or fill in details below

Please tick:   MasterCard      Visa

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

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

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

**IMPORTANT! Payment must be received within 14 days of lodging the application form and no later than one week prior to the Retreat date; failure to forward payment will result in the loss of the booking. Refunds will incur a \$10 administration fee.**

### Office Use Only:

Fee Paid  Yes, Amount: \$ \_\_\_\_\_  No.

Handled by: \_\_\_\_\_ Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Cheque/MO/Cash