



ONE DAY RETREAT



MEDITATION, BUDDHISM STUDY & LUNCH

P E A C E ■ T R A N Q U I L I T Y ■ H O P E ■ F A I T H

WHEN: 14th Mar 11th Apr 9th May 13th Jun
 11th Jul 15th Aug 3rd Oct 14th Nov

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

TIME: 10 AM ~ 4 PM

COST: \$90.00

This retreat is an opportunity for a short break. 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. **Nan Tien Temple reserve the right to remove any participant who does not observe Noble Silence or follow the instructions of our Reverend/Teacher during the retreat.**

This program is suitable for all, regardless of background and experience.

For further information please contact us:

Nan Tien Temple

180 Berkeley Rd, Berkeley NSW 2506

PO Box 1336

UNANDERRA NSW 2526

Ph: (02) 4272 0600

Email: info@nantien.org.au

Web: www.nantien.org.au

One Day Retreat Application Form

Program Dates: 2026 *Please tick your choice.*

☐ **14th Mar**

☐ **11th Apr**

☐ **9th May**

☐ **13th Jun**

☐ **11th Jul**

☐ **15th Aug**

☐ **3rd Oct**

☐ **14th Nov**

First Name: _____ Surname: _____ DOB: ____/____/____

Address: _____ Suburb: _____

State: _____ Postcode: _____ Occupation: _____

Tel/Mobile: _____ Email: _____

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

TERMS AND CONDITIONS

General

1. During the Retreat you agree to comply with our reasonable 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, including during the activities.**
2. Nan Tien Temple reserves the right to amend its general terms and conditions at any time at its sole discretion. You may find the latest version of the terms and conditions in the link referred to above.
3. Nan Tien Temples reserves the right to reject any application at its absolute discretion.

Health and safety concerns

4. 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.
5. **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.**
6. Please respect our compulsory rules which forbid slip-on shoes or thongs to be worn within the Temple grounds at any time. **Socks and covered shoes are compulsory at all times.**

Exclusion of liabilities

7. 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.

8. 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.
9. Participants must be aged 15 or above. All participants aged 15-17 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.

Payment and Refund Policy

10. All prices are GST inclusive.
11. The prices and dates of the Retreat are subject to change without notice.
12. **Full Payment must be received within 14 days of lodging the application form and no later than one week prior to the Retreat date.**
13. We will notify you once your application has been accepted by us. Failure to forward payment might result in the loss of the booking. All refunds will incur a **\$10** administration fee. You will not receive a refund for any cancellation made less than 7 days prior to the commencement of the retreat.
14. 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 depending on availability. Participants are only allowed one deferral (change of Retreat date) free of charge. No subsequent deferrals will be accepted.
15. Please visit <https://www.nantien.org.au/app/application/view/refunds-policy.php> for more information.

Privacy Policy

16. 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 you in the classes and activities during the event for temple records, website and future publications in print or digitally..... ☐ **I agree**

Signature: _____ **Date:** ____/____/____

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: ____/____/____
☐ No