



Year-end Meditation Retreat

***Are you seeking clarity, inner strength and focus?
Time to just reconnect with yourself?***

Please join us for our special Year-end Buddhist Meditation Retreat.

These four tranquil and enlightening days will be the perfect way to wind down after a busy year and regain focus for the future!

Your retreat will include instruction and participation in both walking and sitting meditation, combined with activities such as Tai Chi, calligraphy, mindfulness through gardening and art, etc. You will begin exploring the practice of mindful living through daily activities.

Mindful living - or learning to be "fully present in the current moment" - can help with stress management, the fostering of more positive relationships and heightened self-awareness; all of these outcomes beneficial in one's personal and professional life.

Other highlights of the Retreat are witnessing traditional Buddhist ceremonies and practice, along with a private consultation with a resident Venerable.

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

Cost of 4 day Retreat:

\$280 / person for a Four Share
\$330 / person for a Triple Share
\$370 / person for a Twin Share
\$480 / for a Single Suite

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

Email: pilgrimlodge@nantien.org.au

Date:

**Thursday 22nd– Sunday 25th
November 2018**

Booking is essential

Prices and dates are subject to change without notification

Check-in Pilgrim Lodge: **From 1pm Thursday**
Retreat begins: **7.00 pm**
Dinner is served at **6pm Sharp**
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 must be switched off during the retreat.
- ✿ Participants need to be awake by 6am and be in rooms by 10pm.
- ✿ The mediation 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.

Year-end Meditation Retreat

Application Form

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: _____ Prices are all inclusive
1. _____ Four Share \$280 pp (**Single gender rooms only**)
2. _____ Triple Share \$330 pp (**Single gender rooms only**)
3. _____ Twin Share \$370pp (**Single gender rooms only**)
 Single Suite \$480 pp

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

IMPORTANT! Full payment must be received no later than 7 days before the commencement of the Retreat; failure to forward payment will result in the loss of the booking. 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
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Section A:

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

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: ____/____/____