



MINDFULNESS RETREAT

18-25 March 2017 at
KAMALASHILA TIBETAN BUDDHIST CENTRE

Welcome

Welcome to Kamalashila Tibetan Buddhist Centre for the Mindfulness Retreat. We hope that you benefit greatly from your time here, so that in turn you can benefit limitless sentient beings.

About Mindfulness:

Mindfulness is the process of bringing our attention to the internal and external experiences occurring in the present. We begin to discover the effects these have on our mind and body, and learn techniques that can transform these harmful impacts to more positive outcomes. This practice of Mindfulness is proven to many therapeutic effects, such as delaying or stopping the onset of any mind degenerative diseases such as Alzheimer's, and helpful in the treatment of mental health conditions such as depression and anxiety. At the very least, Mindfulness can assist in making better choices in our daily life.

The daily program:

The retreat will be conducted in silence apart from discussions with the instructors. The program will include sitting and walking meditation periods, Dharma talks, question and answer sessions and individual meetings with the instructors. In addition, there will be allocated time for exercise, rest and self-reflection. The silence aspect of the retreat allows for the rare opportunity to explore deeply into ourselves whilst in a caring and supportive environment.

Venue:

The retreat is located at Kamalashila Tibetan Buddhist Centre, a Tibetan Buddhist Centre at Tilba, NSW. The centre nestles beneath Gulaga, a mountain of great significance to the local Aboriginal Yuin people. The property has a long association with meditation activities, and is surrounded by outstanding natural beauty. Visitors to the land remark how peaceful it is and how the centre is ideal for contemplation and meditation.

Experienced instructors:

Ann Kelly: has been studying meditation for 15 years and is the Program Coordinator at Kamalashila Tibetan Buddhist Centre. Ann has completed a two month secluded retreat and participated in numerous group retreats. She is a registered nurse and lives in Canberra.

Lael Evans-Morrissey: is a senior student at Kamalashila Tibetan Buddhist Centre and has been practicing meditation for 13 years. Lael has participated in numerous retreats both in Australia and overseas. She is a qualified naturapath/herbalist and is a local who lives in Milton.

Accommodation:

Accommodation is comfortable. You will be allocated either a dormitory bed or a shared caravan. On site camping is also available, however you will need to supply all your own camping equipment.

Meals:

As per tradition, there will be two vegetarian meals per day, with a small fruit snack in the evening. Soy milk and non-dairy margarine will be available. If you require special dietary needs, please let us know prior to the retreat. There will be no individual cooking facilities during the retreat

Dana (offerings):

A suggested minimum amount of \$300. The facilitators offer their time for no monetary charge.

Bookings and payments:

Can be made on line at www.drogmi.org or via bank deposit to Westpac BSB 032060 Account No. 454289 name for deposit is *Mindfulness*. After making payment please complete the registration form at www.drogmi.org and email it to info@drogmi.org

Bookings close on 3 March, 2017.

Arrival Times:

The retreat commences at 10.00am on Saturday 17 March and concludes 10.00am on Saturday 24 March. Please ensure you arrive by 8.30am to settle in. If travelling long distance, you may arrive the day before. Please advise the organisers of you expected arrival time on the registration sheet.

Phone number:

Contact for the retreat is **0403 779 099**. Messages to this number will be checked regularly. To provide a conducive atmosphere for practice and retreat we ask that you leave your electrical devices at home. If you need to carry your mobile phone to and from the retreat, we ask that they be given to the organisers who will return them to you at the end of the retreat.

Weather:

Autumn is a lovely time of year to be at Tilba. The minimum temperature is 13C and maximum temperature is 24C, though temperatures can reach 30C. The ocean water temperature is an average 21C.

Local attractions:

This area boasts some of the most beautiful beaches in the world. Tilba is also home to great cheese making. You may wish to access these attractions prior or after the retreat.

Energy Sources:

The centre relies for energy and water supplies from natural sources - solar energy for lighting and power, spring and tank water for our drinking and washing water supply, and portable gas for water heating and cooking. Because of this, we ask that you use these precious and limited resources sparingly. In particular, we ask that you:

- turn off the lights upon exiting a room.
- limit time in the showers.
- turn off taps when not in use.

We do have a back-up generator but we always aim to keep its use to an absolute minimum.

We also ask that you not use any naked flames via candle and matches, outside the gompa. This includes in any buildings and your campsite. This is to reduce any fire risks.

Bush animals:

The Australian bush has lots of wonderful wildlife. In fact, many species seem to take refuge in the centre grounds, including wallabies, wombats, goannas, rabbits, echidnas, parrots to name a few. Some are small like the native bush mice, and once inside a room they can be difficult to remove! We ask that you:

- do not enter the kitchen during your stay, as this can lead to doors being left open.
- close all doors and windows and louvers upon exiting a room, especially in the evenings. This prevents any of our bush friends gaining access.
- wear covered shoes whilst walking around the grounds of the centre, and keep to the tracks. Like most places in the Australian bush, there are animals and insects that bite. By staying within the common areas reduces any risks.
- take care whilst exploring the property and surrounds. Always take someone with you or let the organisers know where you are going.

Recommended list of things to bring:

Clothing: It could be warm during the day and cool at night – loose comfortable clothing for meditation is recommended. A shawl is a helpful addition. Bring enough clothing for the cool mornings and nights. It is recommended that you bring a good pair of shoes for walking that are easy to slip on and off.

Torch: You will need to bring a torch.

Other: Meditation mats and cushions are provided, however if you have your own that is fine to bring. Chairs will be provided for those who are unable to sit on a mat. A notebook and pen for those wishing to take notes during teachings is a helpful addition. A hat, insect repellent and swimmers are all recommended items to bring.

Texts: Retreat texts will be available. Please remember to bring your own texts if you do any individual practice.

Things to note:

- There are no laundry facilities at the centre so please bring enough clothing for the week.
- You will need to provide all your own bedding, including pillows. If you are unable to provide these we do have a limited supply.
- Participants are not allowed to leave the retreat area unless this has been discussed with the organisers.

Participation in the retreat daily tasks:

We value your assistance in running a successful retreat. During the retreat you will have the opportunity to participate in daily tasks. A roster of these jobs will be displayed at the retreat.

Retreat Etiquette:

When entering the gumpa or meditation hall, please remove your shoes and hat. You are not permitted to consume any food or drink except water whilst inside. Participants are also asked to observe the five precepts during their entire stay on the centre grounds. This means no killing, stealing, lying, intoxicants or sexual misconduct. Smoking is not permitted within the retreat centre premises.

Directions:

The centre is located at 9000 Princes Highway, Tilba – around five hours drive south from Sydney. Travelling south, it is 20.7kms after Narooma. The entrance to the centre is on the right hand side, 1.6kms after the Bermagui turnoff (which is to the left). If you are travelling north (from Victoria or Bega) it is 14.8kms on your left after Cobargo.

Transport:

If you haven't already done so, please advise if you require assistance with transport to the retreat centre. We have listed transport options at <http://www.drogmi.org>

Cancellations:

Please let us know as early as possible if you are unable to attend. Cancellations made after 10 March will incur a \$30 administration fee.

DAILY SCHEDULE

5am	Wake up, exercise, yoga
5.30am	Sitting Meditation in hall
6.30am	Shower time
7.30am	Breakfast
8.00am	Mindfulness work
8.30am	Instructions
9am	Sitting and Walking Meditation
10am	Tea Break
10.30am	Individual Meditation time
12md	Lunch and rest
2pm	Sitting Meditation in hall/Q&A individual sessions
3pm	Tea Break
3.30pm	Walking Meditation
4pm	Sitting Meditation in Hall
5pm	Free time to rest or exercise
6.30pm	Fruit and hot drink
7.30pm	Dharma talk (recording from Head Teacher)
8pm	Sitting Meditation in Hall
8.30pm	Feedback from group
9pm	Hot drink and rest
9.30pm	Lights Out