

Mindfulness, Insight & Liberation:

A Silent Insight Meditation Retreat



3rd to 9th December 2017

**With Teachers
Christopher Titmuss & Radha Nicholson**

Venue: Sangsurya, Byron Bay, NSW

Thank you for your interest in the 'Mindfulness, Insight & Liberation Retreat'.

This retreat offers a training of the heart and mind toward the realization of freedom from that which is problematic and the cultivation of the awakening factors.

A classical insight meditation retreat which is suitable for both new and experienced meditators and follows the 'Insight' format of silence; sitting and walking meditation periods; dharma talks; inquiry sessions; individual meetings with the teachers. There will be daily meditation instruction along with mindful work and rest period, there will be no groups.

This is an opportunity to go deeply into ourselves in a supportive and caring environment with a focus on silence, inner renewal, a deep sense of presence and the emptying of the mind to assist with fresh perceptions and insights.

Venue: Sangsurya Retreat Centre

95 Old Bangalow Road, Byron Bay - www.sangsurya.com.au

Sangsurya is a purpose-built centre specializing in meditation, yoga and personal growth retreats. The property features several beautifully designed buildings and a freshwater swimming pool, all sensitively located along the central ridgeline of a forested 10 acre (2.4 hectares) subtropical area.

Teachers:

Christopher Titmuss is a senior Dharma teacher in the West and his approach emphasizes freedom, compassion and social responsibility. He offers retreats, facilitates pilgrimages and leads Dharma Gatherings worldwide. His teachings focus on insight meditation (vipassana), the expansive heart and enquiry into emptiness and liberation. A former Buddhist monk in Thailand and India, he is the founder of the online Mindfulness Training Course. He teaches in Australia, Israel, France and Germany every year and has been teaching in India since 1975.

Radha Nicholson teaches the cultivation of wisdom & compassion and the liberation of the heart and mind through inquiry and insight. She is a guiding teacher for Bay Insight in Byron Bay & regularly teaches retreats in India & Australia. Radha is also a registered psychologist.

Dana: Following tradition and in recognition of the priceless nature of the spiritual teachings, the teachers receive no payments but offer their teachings as a gift. Teachers take time out of their busy lives to conduct retreats and in recognition of their generosity there will be an opportunity for participants to make a donation of support and appreciation to the teachers (dana).

.....Please note - There are no EFTPOS facilities available so please bring your dana offering with you

Schedule: The retreat is conducted in silence apart from meetings with teachers and essential communication. The retreat program consists of sitting, standing, walking & guided meditation, meditation instruction, individual meetings with teachers, inquiry sessions, Dharma talks & daily mindfulness work periods. There will be an optional exercise period e.g. yoga, walking or individual exercise to start the day.

Mindful Work Periods: To give participants the opportunity of contributing to the shared experience of retreat life, the smooth running of the retreat and to keep costs low, you are requested to assist each day with the various work tasks. These include assisting with kitchen/meal duties, cleaning and various other light duties including the opportunity to assist with some mindful gardening.

Etiquette on Retreat: The Retreat is conducted under the shelter of the 'Five Ethical Precepts', which create a safe, caring and conscious environment for spiritual practice and enquiry.

During the Retreat participants are requested to observe the Five Precepts and take up the practices of:

1. Cultivating kindness and restraining from harmful actions.
2. Cultivating appreciation and generosity with possessions and restraining from taking what is not offered.
3. Cultivating inner joy and contentment and restraining from sexual expression.
4. Cultivating truthful and appropriate communication and restraining from speech that distorts or is damaging.
5. Cultivating clarity and restraining habits that create dullness or heedlessness.

Please be aware Sangsurya is an alcohol, smoke and drug free environment

Smoking: If you normally smoke, the retreat is an opportunity to abstain. To aid this you may like to consider getting nicotine replacement patches before the retreat to reduce withdrawal symptoms. If you do wish to smoke please go out onto the driveway near the road and take a jar for your butts.

Attendance: It is important that participants arrange their personal affairs before the retreat so that they can remain at the retreat venue and be undisturbed by external matters for the duration of the retreat. Should you find it necessary to leave the venue during the retreat it is very important that you inform the retreat manager prior to leaving.

Accommodation: Most accommodation is in shared rooms or cottages accommodating 2 to 4 people. There will be separate accommodation for men and women and very limited camping availability allocated on a first in basis.

Meals: Three tasty and nutritionally balanced vegetarian meals are provided each day. We can cater for three special diets - vegan, gluten free and non dairy which need to be requested on your application form.

Arrival/Departure times: Please arrive between 3:00pm and 5:00 pm on Sunday 3rd December 2017. This will allow you time to complete your registration, park your car, settle into your accommodation, set up your cushion in the hall and orientate yourself before a light meal at 6:00 pm.

The retreat commences at 7pm after the evening meal and it is important to be seated in the hall by this time. Retreat finishing time will be after lunch (approx. 2pm) on Saturday 9th December 2017.

Retreat Fee: The retreat fee for standard accommodation is **\$680** and **\$440** for campers. This covers three vegetarian meals per day, accommodation, venue hire, teacher travel costs, insurances and administration expenses. The retreat is managed on a not-for-profit basis. Please note the retreat fee does not include any payment for the teachers.

Booking and Payment Procedure:

Complete the attached Application Form and return with your full payment or deposit by:

1. Email to: ctrn17@gmail.com

OR

2. Post to: 'CTRN Retreat 2017', c/- 20 Bielsdown St, Dorrigo NSW 2453

Please submit your application with the full payment of **\$680** or a deposit of **\$180**. It is requested that the full retreat fee is paid on application but if you are only paying a deposit on application then the balance of fees **must** be paid no later than 14 days prior to retreat commencement unless prior arrangement has been made with the retreat organiser.....Note: Should your application be unsuccessful a full refund will be made.

Payment Methods:

1. Cheque or money order – made payable to '**Tallowood Sangha**' and posted to:
'CTRN Retreat 2017', c/- 20 Bielsdown Street, Dorrigo NSW 2453

OR

2. Electronic Funds Transfer (EFT) to Bananacoast Community Credit Union (BCU):
BSB Number: 533 000
Account Name: Tallowood Sangha Incorporated
Account Number: 179921 - (BCU members do not check box- 'transfer to a BCU account')

Note: Please reference your payment with 'CTRN + your name' so we can match payment & booking

Cancellation: If for any reason you are unable to attend please let us know as early as possible. Any cancellation will incur an administration charge of \$50. Cancellations less than **14 days** prior to retreat

commencement will mean the loss of the deposit amount (\$180). *Please note that if you have paid the full retreat amount when applying and then cancel within 14 days, only the deposit amount will be withheld.*

'No Show' - Failure to attend the retreat without prior notification will mean all fees paid are forfeited.

NOTE: Tallowood Sangha reserves the right to cancel this retreat at any time before 12th November 2017 if there are insufficient bookings. If the retreat is cancelled all fees held will be refunded to the applicants.

What to Bring: *This list is not exhaustive but covers most essential items that you will require*

- **Meditation cushion and mat:** A firm cushion is required to provide sufficient support to elevate your pelvis about 10cm off the ground; use with a soft cushion on top if needed for comfort. A mat or folded blanket is essential to relieve pressure under the legs. A kneeling meditation bench is also a good alternative if you have one. Chairs are available as an alternative to sitting on the floor.
- **Clothing:** Comfortable, modest and slogan free clothing suitable for sitting, yoga, walking and work period. Long sleeved, light coloured clothing can give some mosquito protection. As we are sharing the forest environment with other sentient beings it is important to have suitable footwear to protect yourself if you are walking through the bush.
- **Meditation shawl or wrap:** The weather can be variable and may be cold in the early morning and evenings or if it rains, so bring something warm to wrap yourself in.
- **Torch with extra batteries:** Sangsurya is in a forest setting and even though there is path lighting a torch is required for moving around the area at night.
- **Water bottle:** There is filtered water available outside the meditation hall and in the dining area so please bring your own water bottle for filling. To avoid disturbance to others, it is requested that bottles are not taken into the meditation hall.
- **Rain/sun protection:** Bring a hat, umbrella and/or rain coat and outdoor footwear for walking meditation periods.
- **Other useful items:**
 - * Mosquito repellent and sunscreen (*preferably fragrance free*)
 - * Yoga mat if you wish to participate in yoga or exercise
 - * Personal toiletries (as our senses can become heightened on retreat wherever possible please bring unscented personal products like shampoo, lotions and deodorant)
- **Things to note:**
 - * There are some laundry facilities available.
 - * **All bedding** and linen including towels, sheets, blankets and pillows are provided.
 - * Please pack carefully as participants are expected to remain at the venue for the entire retreat without access to shops.
 - * If you are camping (*by arrangement only*) bring your tent, ground sheet, sleeping mat and bag, pillow, towel, quiet alarm clock and torch.
 - * You may find it useful to have pen and paper for making notes during the retreat.

Transport: Byron Bay is well served by public transport with shuttle buses from both Ballina and the Gold Coast airports. Major coach companies offer regular services to Byron Bay.

Please indicate on the registration form if you will need a lift or if you can provide lifts for other people. Reasonable attempts will be made to meet transport requests but lifts cannot be guaranteed.

Emergency Contact: For emergency situations only, if you need to be contacted during the retreat a message can be left at the Sangsurya Office on ph: 02 6685 7438. We request that mobile phones be turned off during the retreat and if you need to make calls these can be done outside the retreat area.

Directions: Up to date directions can be downloaded from Google Maps on:

<https://www.google.com.au/maps/@-28.6693042,153.6025646,17z>

Further information:

Contact Lyn or Rowan by email: ctrnl7@gmail.com or phone: (02) 6657 2504

Draft Daily Schedule

6.00 am	Wake-up & warm up, yoga or exercise
6.45 am	Sit
7:30 am	Breakfast
8.30 am	Work period
9.30 am	Instructions and sit
10.30 am	Walking meditation
11.15 am	Sit
12.00 noon	Stand or Walking meditation
12.30 pm	Lunch and rest period
2.30 pm	Sit
3.15 pm	Walking meditation
4.00 pm	Dharma Talk
5.00 pm	Stand or Walking meditation
5.30 pm	Dinner
7.00 pm	Sit
7.30 pm	Dharma program
8.30 pm	Walking meditation
9.00 pm	Sit
9.30 pm	Hot drink
9.50 pm	Optional late sit
10.20 pm	Rest

Note: This draft Daily Schedule may change at short notice

**** The 'Mindfulness, Insight & Liberation Retreat' is hosted by Tallowwood Sangha, Bellingen ****

www.tallowwoodsangha.org.au