

RETREAT APPLICATION INFORMATION – MAHAMUDRA JANUARY 2022

PLEASE RETAIN THIS ATTACHMENT FOR YOUR OWN REFERENCE

***PLEASE NOTE THAT THE STARTING TIME ON DAY ONE WILL BE 9.30am SHARP
PLEASE ARRIVE EARLIER SO THAT YOU CAN PLACE YOUR BELONGINGS IN THE TEMPLE AND
BE DIRECTED TO YOUR ACCOMMODATION IF YOU ARE STAYING ON-SITE DURING THE RETREAT***

Application & Payment

Please save and email (or return) the completed form to us by the closing date. Applications received after the closing date, if accepted, may incur a late registration fee of 10% of the total of your retreat cost.

Please note that it is not possible to book a place in advance and places will only be confirmed upon receipt of your payment in full and our subsequent acceptance of your application.

If you need to cancel your application, please give us as much notice as possible.

PLEASE NOTE: All applications are subject to acceptance and approval by our resident teacher.

A retreat involves working with mind and requires commitment on the part of the participant. Please read the following carefully as you will be asked to sign to declare that you agree to these conditions & the retreat discipline. If you have any queries, concerns or further questions, please do not hesitate to call or email.

COVID-19 Information

By attending this retreat you agree to follow any COVID plan that may be in place, use the provided hand sanitiser, practise social distancing if/where possible and follow any other instruction that may be given during the retreat.

Rules of Discipline

- Please observe the five precepts – no killing, stealing, lying, sexual contact or intoxicants.
- Please take care that your actions do not disturb other participants. (This includes singing & whistling etc.)
- Visitors are not permitted during the retreat and **students should not to leave the property unless for urgent circumstances or medical attention**. Please bring everything you think you might need with you.
- Do not take food or drinks (including water bottles) into the temple.
- Mobile phones, recording devices, cameras and other electronic equipment are NOT permitted in the temple. Use of mobile phones should be kept to a minimum and SHOULD NOT be used in the foyer or dining area of the temple building.
- All participants will be placed on a roster to share the food preparation and cleaning duties.
- **Please be punctual and attend all sessions.**
- There will be a number of sessions each day, the first session commencing at 7.00am and the last concluding at 8.30pm There will be breaks for morning and afternoon tea, as well as breakfast, lunch and dinner.
- Day one commences at 9.30am and the finishing time on the final day will mid/late afternoon.

Accommodation & Meditation Facilities

All accommodation is shared, and bathrooms are also shared. Mattresses are inner sprung and we provide pillows. We also provide meditation cushions and foam mats & chairs are available for those unable to sit on the floor. If you are a local student and can supply your own bedding & towels, please indicate this on the application form. If you wish to bring your own meditation cushion/stool you are welcome to do so.

Out of town students - Accommodation is included from the night before the retreat begins and on the final day.

Laundry

Free laundry facilities will be available during this retreat.

Candles, Incense & Smoking

Fires, candles and incense are never permitted due to the fire hazard and smoking is strictly forbidden at all times.

Food & Meals

Vegetarian meals are provided every day and may be supplemented with meat occasionally during longer retreats. Retreat food is prepared by volunteers under the guidance of the kitchen manager. Meals are nutritious and participants are encouraged to receive meals gratefully as provided. Please indicate on the registration form if you wish to be included in the meat diet. We have a range of coffee, tea and herbal teas in addition to filtered water. Whenever possible and with adequate notice, we are happy to offer alternatives such as soy/rice milk, GF bread & cereal, caffeine-free tea & coffee, however we are unable to provide individual/alternate meals.

If you require a special diet, we have limited freezer space available if you wish to bring a few pre-cooked meals. Please note that a microwave is available but there are no cooking or food preparation areas available. Please contact us prior to the retreat to discuss this if you wish to avail yourself of this option.

Food/Medical Issues/Chemist

If you suffer from food allergies or have a serious medical condition, please contact us prior to registering to discuss if/how we will be able to accommodate you.

If you require medical supplies during the retreat, and do not have your own transport, please talk to the retreat manager who will organize someone to pick them up for you. Please note that other than medical supplies, we are not able to provide a personal shopping service.

List of things to bring

- Personal water bottle – filtered water will be provided for refills.
- Appropriate clothing – (**clothing should be modest, appropriate & respectful**) Lightweight or warm depending on the season.
- Prescription and non-prescription medications and all toiletries (including tissues). Please use organic shampoo wherever possible in consideration for the health of our septic system and the environment. (We stock a range of Australian made natural soaps).
- Doona, blanket, pillow, sheets (for single bed), towels – if possible and you are a local student (Please indicate if you can assist with this on the application form).
- Torch (don't forget new batteries)
- Ear-plugs – if you are a light sleeper and disturbed by snoring. Nasal strips – if you are a snorer.
- Hot water bottle for winter.
- Shower thongs (if required) & indoor slippers for dining area.
- Your cushion/stool if you prefer to bring your own.
- Meditation blanket for early mornings or evenings during colder weather.

Offerings

Traditionally, an offering is made to the teacher at the conclusion of the teachings or retreat (please note that this is entirely optional). Tibetan offering scarves (khatas) can be purchased at the temple shop and envelopes for monetary offerings will be available. Please ensure that you bring enough cash in the denominations you require as we do not have a cash out facility in the temple shop.

Note: If this information sheet does not answer all your questions, please contact us and we will do our best to help.

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