

Retreat Information

Easter Meditation with Yoga Retreat 5 - 9 April 2012

Uniting body and mind

A Supportive Retreat combining Insight-Vipassana Meditation and Traditional Yoga

Easter 2012 at Sine Cera near the Border Ranges National Park

Meditation Teacher: Geoff Simpson is a member of the Insight Teachers Circle Australia (www.dharma.org.au). He leads Insight retreats and groups where he shares the Buddha's teachings and practices of serenity, love, mindfulness and inquiry. Geoff works as a doctor in mental health.

Yoga Teacher: Tam James is a physiotherapist and senior yoga teacher with Yoga Australia (www.yogaaustralia.com). She has in excess of 10 yrs experience sharing yoga as a therapy and stronger practices to more experienced students. Kate Fallick from Earth Awakening will support Tam by delivering some beginners yoga sessions.

Introduction: This four day Easter retreat is suitable for those with all levels of meditation and yoga experience, from beginners to long-term practitioners. There will be periods of sitting and walking meditation, up to 3 yoga sessions per day, one optional mindfulness work period, meditation instructions, guided meditations, personal interviews, three tasty vegetarian meals and dharma talks (satsang).

The retreat starts late in the afternoon of Thursday 5th April and finishes after lunch on Monday 9th April, 2012.

Vipassana means 'insight' in Pali (the ancient Indian language used to transmit the Buddha's teachings). Insight refers to the direct seeing into our truths – those abiding revelations that help us change our life to live engaged with our deeper values. Insight, or Vipassana meditation is not simply a system or a technique. It is also the direct opening into the deeper truths of life. Support for this opening may be cultivated in meditation through training the mind in calmness, mindfulness and inquiry.

The style of meditation practice during this retreat is in the lay Insight Meditation tradition (www.dharma.org.au) and comes down from the Thai Forest masters. The Forest teachings are noted for an emphasis on direct experience in the spirit of the Buddha's original teachings.

People of all faiths including Christian, Atheist and Rationalist have benefited from this style of meditation and the teachings of the Buddha on compassion and wisdom.

Formal meditation can be practiced in any of the four traditional postures of sitting, standing, walking or lying. Sitting posture can be equally well engaged sitting on a chair or on the floor as you prefer. Periods of sitting or lying meditation will alternate with walking meditation or yoga.

Yoga is an ancient spiritual practice. The yoga postures (asana) and breathing (pranayama) practices are skillful tools to bring awareness into the body. For healthy yoga students with some experience of pranayama the day begins at 5.30am with pranayama. The early morning yoga session will be a multi-level class that combines elements of mindfulness with stretching to release tight areas and strengthening to support more comfortable sitting. In the mid-morning yoga session we will continue our mindfulness practice with gentle movement. In the afternoon there will be the option of a beginners class with Kate or for more experienced students a class that focuses on the stronger practices, including inversions and backbends.

Noble silence and Etiquette on the retreat

Taking a refreshing break from chatter can support the cultivation of calming and participants will be encouraged and supported to keep talking to just what is necessary. Most people find that after a short adjustment period it is remarkably easy and natural to engage in this practice during the retreat. Silent

retreats are not always suitable for those in an acute crisis situation or those living with fragile mental health. Feel free to discuss this with the teachers prior to submitting your registration.

The retreat will be conducted under the shelter of the *Five Ethical Precepts*, which create a safe, caring and conscious environment for spiritual practice. On retreat the precepts invite us to restrain from harmful speech and actions, sexual expression and intoxicants. It is not expected that tea, coffee or nicotine habits need to be given up during the retreat but minimising their use is supported.

Venue: Sine Cera, 6 Main Creek Rd, Cougal

Accommodation:

Females and males will be housed in separate dormitory rooms containing up to 8 beds. \$375 covers your accommodation and all meals. There are a limited number of singles available for a \$75 supplement or twins \$45 supplement (4 days). Please advise if you wish to share with a relative/friend. You are also welcome to camp. If you wish to hire linen for \$12/retreat; otherwise bring your own.

Please make accommodation booking directly with Sine Cera – booking form can be downloaded from their website: www.sinecera.org.au if you do not already have it, from our website. A \$50 non – refundable deposit is required to confirm your place. Full balance is due 1 week before retreat commencement.

Donation for teachings

The set retreat fee covers accommodation/ camping, facility use, all meals, snacks and drinks and some organisational costs. The retreat fee does not cover the teachers' time and energy contribution to the retreat. Meditation teachings are priceless and are offered without a set or up-front fee. In a spirit of trust and generosity you are requested to provide 'dana' (donation) to the teachers' in appreciation of the teachings. You are invited to reflect upon your means and value of the retreat in so doing.

Additionally, if you have financial resources that would help others less fortunate to attend the retreat, please post in your support with a note stating how much you are giving to the fee sponsorship fund.

The manager is providing the entire organisational work time for this retreat as a service without any charge.

Enquires

Please email Kate at retreat@yogaphysio.com.au

Participant Information form

Please email or post in your completed Participant information form to Yogaphysio retreat, PO Box 351, Kelvin Grove Q 4059. Email to retreat@yogaphysio.com.au

Your accommodation booking should be emailed directly to Sine Cera, info@sinecera.org.au.

Cancellation

Please inform us if you need to cancel, so that a place may be offered to another if the retreat is booked out. Cancellation will incur a \$50 cancellation fee; surplus will be refunded.

Participant Information
Insight-Yoga Retreat
 Easter 2011
Confidential - for the Manager and Teachers only.

Name: (please print and underline preferred name) _____

Life Situation/occupation: _____

Gender: Female / Male **Age** (in April 2010) _____ **Home** (town/state) _____

Current Daily Meditation Practise (if any) _____

Previous Meditation or Yoga Experience				
Tradition/s	Teacher/s	Year	Length	Any Comments?
Meditation				
Yoga				

Current Issues		
Physical	Mental - Emotional	Spiritual

Many meditators are on a healing journey. On meditation retreats individuals may experience strong physical and psychological states. Please answer the following questions so you can be supported.

Do you have any current or previous (please circle the one most appropriate response):

- tobacco habit which might lead you to smoke on the retreat... **No / Yes**
- alcohol and drug issues **No / Yes: Past / Current**
- diagnosis or treatment of a mental health condition..... **No / Yes: Past / Current**
- medical conditions that could require attention during the retreat.. **No / Yes: Past / Current**

It is important that participants who join the retreat are prepared to take responsibility for their safety, remain in contact with the manger and teachers and take personal responsibility for their well-being in the meditation and yoga practices. There is freedom given to participants to choose which practices they wish to engage in.

Signature: _____

Date: ____ / ____ / ____

CONFIDENTIAL INFORMATION – FOR TEACHERS ONLY

If you answered “Yes” overleaf please give further information of your conditions:

Condition	Current Effect on Daily Life	Treatments Including medications & dose.	Hospital admissions	Current Doctors or Therapists Name & address

Do you currently drink alcohol on a regular basis?.....Yes No

If so, have you ever had any problems abruptly stopping alcohol consumption?Yes No

Do you currently use any recreational drugs (e.g. marijuana, amphetamine, ecstasy)?..... .. Yes No

If so, are you able to abstain from all recreational drugs during your retreat?Yes No

Have you ever made a serious attempt at taking your life?Yes No

Do you have any history of emotional instability during intensive meditation retreats?Yes No

How do you assess your current ability to work with emotional swings? Fragile/ Manageable/Good

Do you have any condition that might interfere with yoga, sitting and walking meditation? Yes No

Do you have any limitations that would prevent you from participating in the daily work period? Yes No

Details:

By signing my name below, I confirm that all of the above information is correct to the best of my knowledge. I will inform the teachers/managers of any change in my circumstances.

Name (please print): _____

Signature: _____

Date: ____/____/2011

Registration

Insight-Vipassana Meditation and Yoga

Easter 2011
Please print clearly

Full Name: _____ **Preferred first name:** _____

Date of Birth: ____/____/19____ **Gender:** Female Male

Address: _____
 _____ Postcode: _____

Phone: Business Hours: 0 _____
 Evening/Weekend: 0 _____
 Mobile: 0 _____

Email : _____

Would you like to be on yogaphysio's database and be informed of future retreats? Yes / No

In case of an emergency during the retreat who would you like us to contact:		
Name		
Relationship		
Phone contacts		

Personal Requirements:	
Standard Vegetarian Menu OR Low Allergy-Vegan Menu (Please circle)	
Any special needs?	
Do you snore?	NO YES If yes would you like to camp?

Transport		
If parking at Sine Cera please give your vehicle registration number		
Can you offer a lift? YES - one way / return	Room for: 1, 2, 3	From...
Would you like a lift? YES - one way / return	From	

My payment or deposit of \$ _____ has been forwarded to Sine Cera and I have arranged to pay the balance of \$ _____ by ____/____/____.

I understand the retreat is held in silence under the Five Ethical Precepts. I am prepared to take responsibility for my safety during the retreat and will choose which meditation and yoga practices I engage in during the retreat in order to care for my physical and mental wellbeing.

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

Thank you. Directions to Sine Cera and details of what to bring are on the website.