

# *Mindfulness, Insight & Liberation: A Silent Insight Meditation Retreat*



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## 30<sup>th</sup> November to 6<sup>th</sup> December 2019

**Christopher Titmuss & Samantha Coker-Godson**

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**Retreat Information** - *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 through the cultivation of the awakening factors.

This classical insight meditation retreat 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 periods. 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. Information about the venue can be viewed at: [www.sangsurya.com.au](http://www.sangsurya.com.au)

### **Teachers:**

**Christopher Titmuss** is a senior Dharma teacher in the West and his approach emphasizes freedom, compassion and social responsibility. He offers retreats and facilitates other Dharma programs around the world. 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.

**Samantha Coker-Godson** is a Dharma teacher in the Insight Meditation tradition, a Yoga teacher and a practitioner of Traditional Chinese Medicine. For almost 30 years, Samantha has been cultivating an intimate relationship with the inner terrain through the practice of meditation, self inquiry and the teachings of the Buddha Dharma. As a teacher, her approach is honest and unadorned - guided by the simple aspiration to offer the Buddha Dharma in ways that inspire, support and illuminate the path to, and immediacy of, liberation. Samantha is blessed to have the ongoing guidance and support of her much-loved

teacher – Christopher Titmuss – and has also had the privilege of spending time with other great Buddhist teachers, including His Eminence Dzogchen Rinpoche and Zen Master Hogen-san.

**Booking and Payment Procedure:** ..... *Please note: Bookings open 1<sup>st</sup> August 2019.....*

The retreat fee 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.

To book into this retreat, please complete the Application Form and return via email to: [ctscg19@gmail.com](mailto:ctscg19@gmail.com). After receipt of your Application Form, you will be notified if there is a place available, then full payment, (*preferred*) or a deposit of \$200 is required to secure your booking.

Please note that if you are only paying a deposit, full payment is to be made no later than 14 days prior to retreat commencement.

*Application Forms are available to download from: [tallowwoodsangha.org.au](http://tallowwoodsangha.org.au); [dharma.org.au](http://dharma.org.au) or [insightmeditationaustralia.org](http://insightmeditationaustralia.org)*

**Fee Subsidy:** Tallowwood Sangha offers a fee subsidy for people under 25 years old and for those in financial difficulty. A limited number of subsidized places are available. Please indicate on the application form if you wish to be considered.

**If you would like to contribute towards supporting a subsidy please add \$25 to your payment.**

**Payment Methods:**

The cost of this retreat is **\$740** for standard accommodation; **\$820** for single room and **\$500** for camping, (*Please note there is limited availability for single rooms & camping*).

**There are two options for payment:**

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

**\*\* Please reference your payment with ‘CTSCG plus your name’ so we can match payment & booking \*\***

2. Deposit cash or cheque to the ‘**Tallowwood Sangha**’ account in any Bananacoast Community Credit Union branch using the above account details. **\*\* Please inform us if paying this way \*\***

**Cancellation:** If for any reason you are unable to attend please let us know as early as possible. Cancellations will incur an administration charge of \$50. Cancellations less than **14 days** prior to retreat commencement will mean the loss of the deposit amount (\$200).

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

**NOTE:** Tallowwood Sangha reserves the right to cancel this retreat at any time before 9<sup>th</sup> November 2019 if there are insufficient bookings. If the retreat is cancelled all fees held will be refunded to the applicants.

**Arrival/Departure times:** Please arrive between 3:00pm and 5:00 pm on Saturday 30<sup>th</sup> November 2019. 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 Friday 6<sup>th</sup> December 2019.

**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.

**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. No small group meetings will be held. 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 minimise the daily cost of the retreat, there are some varied work tasks to be undertaken. These include assisting with kitchen/meal duties, cleaning and various other light duties including the opportunity to assist with some optional light gardening. If you intend to help with the gardening we recommend you bring suitable clothing and footwear.

**Accommodation:** There are 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.

**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.

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

- **Meditation cushion and mat:** Firm cushions are 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.
  - \* Bedding and linen, being towels, sheets, blankets and pillows, are provided in the rooms.
  - \* 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.
  - \* Please pack carefully as participants are expected to remain at the venue for the entire retreat without access to shops.

**Etiquette on Retreat:** The Retreat will be run under the protection of the 'Five Ethical Precepts' to create a safe and supportive environment. All participants are invited and encouraged to take up the Five Precepts. The teachers are also committed to this practice. If any participant suspects that a retreat teacher is slipping in ethical conduct, they are asked to discuss this with the manager.

**The Five Precepts for the retreat are to 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 freely 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 from 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. If you do wish to smoke please go out onto the driveway near the road and take a jar for your butts.

**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.

**Directions & parking:** Parking at Sangsurya is limited, so to assist the environment and reduce congestion, please car pool if you know others who will be attending from your area. Up to date directions can be downloaded from Google Maps on: <https://www.google.com.au/maps/@-28.6693042,153.6025646,17z>.

**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.

**Further information:**

Contact Reni by email: [ctscg19@gmail.com](mailto:ctscg19@gmail.com)

**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    | Rest                                |

Note: This draft Daily Schedule may change at short notice

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

[www.tallowoodsangha.org.au](http://www.tallowoodsangha.org.au)