

Peace in Challenging Times

An Insight Meditation Retreat

28 Nov - 4 Dec 2020

Retreat Information

We are hopeful that this retreat will go ahead as planned however due to the uncertainty of Covid 19 if the present situation should change and further restrictions are implemented and the retreat needs to be cancelled then there will be a full refund.

Sangsurya has implemented and complies with all the health guidelines, which means fewer participants (24 max) with mainly single accommodation, twin share for couples, housemates or friends.

Insight meditation allows us to see clearly the reactions and distortions that arise in our daily life. It cultivates an awareness of the freedom and clarity that is available in each precious moment.

The Retreat follows the 'Insight' format of Noble Silence: sitting and walking meditation periods,



Teachers:

Radha Nicholson teaches the cultivation of wisdom and compassion through insight, focusing on inquiry and the non – dual nature of reality. She is the guiding teacher for Bay Insight in Byron Bay and teaches internationally. Radha is a registered Psychologist with a private practice in Bangalow, Northern N.S.W.

Will James teaches at the Tallowood Sangha in Bellingen. He regularly leads retreats in Australia and Bali, has taught at the Dharma Gatherings in Australia and India and teaches Dharma study classes. www.willjamesinsight.com

Booking and Payment Procedure:

The retreat fee covers three vegetarian meals per day, accommodation, hire of the facilities, teacher travel costs, insurances, advertising and administration expenses. The retreat is managed on a not-for-profit basis.

Download and complete Registration Form and email to Ali at alibarlow@netspace.net.au

Please submit your application and you will be notified if there is a place available before making any payment.

After confirmation of a place, payment should then be made as a full payment (preferred) or a deposit of \$150 to secure your place. (Please note that full payment is to be made 2 weeks prior to retreat.)

Tallowood Sangha offers subsidies for those under 25 and for those in financial difficulty. A limited number of subsidized positions are available. Please indicate on 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 event is:

\$775 single room

\$700 pp for couples, housemates or friends

\$450 camping (limited available).

We would appreciate full payment on application if possible. If this is a problem, you can make a \$150 deposit to secure your place. Full payment is required two weeks prior to the retreat.

There are two options for payment:

- (1) Electronic Funds Transfer (EFT) to:
 Bananacoast Community Credit Union BSB Number: 533000
 Account Name: Tallowood Sangha.
 Account Number: 179921 (*BCU members please use Credit External option*)
 Please use **'November' plus your name** as reference application and payment.
- (2) Deposit cash or cheque to the Tallowood account in any Bananacoast Credit Union branch, using account details as above. You can also do an inter-bank transfer, using the same details.

Please note: Full payment is required 2 weeks prior to retreat.

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 **7 days** prior to the retreat commencement will mean the loss of your deposit.

Venue: Sangsurya Retreat Centre 95 Old Bangalow Road, Byron Bay www.sangsurya.com.au

Sangsurya is a beautiful retreat centre overlooking the ocean, with walking trails in a lush bush setting. Participants are also welcome to enjoy the swimming pool at appropriate times.

Getting there:

If travelling **from the north** - Turn off the Pacific Highway at the 'Ewingsdale Road' exit and follow

Ewingsdale Road to Byron Bay. From the centre of Byron Bay (roundabout near railway crossing) travel south along Jonson Street then Bangalow Road towards Suffolk Park and Ballina for **2.5 km** until you see 'Eden Nursery' on the right at the corner of Old Bangalow Road (if you come to the golf course on your right you have gone too far). At 'Eden Nursery' turn right into Old Bangalow Road, cross the railway line and keep left up the hill through the trees. Sangsurya is **1.1 km** from the train crossing on the left side of the road. There is a large rock wall and a sign 'Sangsurya' on a tree.

If travelling from the south - Leave the Pacific Highway at the Bangalow exit; turn right at roundabout onto Bangalow Road (B62). Continue **7.7 km**; turn left onto Old Bangalow Road; travel **850 metres**; Sangsurya on the right 95 Old Bangalow Rd.

Directions available from: <http://maps.google.com.au/maps>

Parking at Sangsurya is limited. To assist the environment and reduce congestion, please car pool if you know others who will be attending from your area.

Arrival/Departure times: Please arrive between 3:00pm and 5:00 pm on Saturday, 28 Nov. This will allow you time to complete your registration, settle into your accommodation, set up your cushion in the hall and orientate yourself before a light meal around 6pm.

The retreat commences after the evening meal and it is important that everyone is seated in the hall by this time. The retreat will finish after lunch on Friday, 4 Dec.

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.

Schedule: The full days have an early optional exercise period e.g. yoga, walking or individual exercise. The retreat program consists of sitting, standing, walking & guided meditation, meditation instruction, group and individual meetings with teachers, inquiry sessions, evening Dharma talks and daily mindfulness work periods.

The retreat is conducted in silence apart from meetings with teachers and essential communication.

Meetings with the teachers are an essential aspect of the retreat and will be in a small group format. Also there will be opportunity for individual interviews with teachers during the week.

Mindful Work Periods: To minimize the daily cost of the retreat and to give participants the opportunity of contributing to the shared experience of retreat life there are some varied work tasks to be undertaken. These include assisting with kitchen/meal duties, cleaning and weather permitting, optional light gardening. If you intend to help with the gardening we recommend you bring suitable clothing and footwear.

Dana: Insight Meditation teachers give generously of their time and energy during retreats. They receive no payment for this and are supported by donations from those attending retreats.

A Dana (donation) box will be placed inside the meditation hall for donations to support the teachers.

Your gift of dana will assist Radha and Will to continue to give their time to you and other students.

What to Bring:

- **Meditation cushions 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 and chairs are available.
- **Clothing:**
Comfortable, modest clothing suitable for sitting, yoga, walking and work period, long sleeved, light coloured clothing can give some mosquito protection.
- **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 handy for moving around the area at night.
- **Water bottle** (please leave outside the meditation hall):
Filtered water is available at the meditation hall and in the dining room.
- **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.
Yoga mat if you wish to participate in yoga.
Personal toiletries.
- **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, sleeping bag, pillow, alarm clock and powerful torch.
You may find it useful to have pen and paper for making notes during the retreat.

This list is not exhaustive but covers most essential items that you will require

Etiquette on Retreat:

The retreat will be run under the protection of the five precepts to create a safe and supportive environment. All participants are invited and encouraged to take up the five retreat precepts. The teachers are also committed to this practice. If any student suspects that an insight 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.

Further information:

If you require further information please contact : **Ali** phone: 0406016408

email : alibarlow@netspace.net.au