

*Insight Meditation Retreat with James Baraz, Dec 3-10, 2014*

# RESIDENTIAL RETREAT

## CASA PALLOTTI

# MILLGROVE, VICTORIA

3<sup>rd</sup> – 10<sup>th</sup> Dec, 2014

Practical Information



# ***Insight Meditation Retreat with James Baraz, Dec 3-10, 2014***

## **1. Retreat Manager**

For all enquiries about the practicalities of the retreat please contact us on

Email: [insightretreats@gmail.com](mailto:insightretreats@gmail.com)

Website: [www.thedharmapath.com.au](http://www.thedharmapath.com.au)

## **2. Retreat Location**

**Casa Pallotti, Millgrove in the Yarra Valley**

<http://www.casapallotti.com.au/>

For directions, there is a map on the last page of this document.

## **3. Dates, Arrivals, Departures**

### **All Arrivals**

Wednesday, 3<sup>rd</sup> December at 4pm.

Please note it is not possible to arrive after this date. Getting there on time helps us all, including retreat staff, to settle in and start the retreat in a relaxed way. Your commitment to this is appreciated.

From Melbourne, it takes about an hour and 15 minutes to get from the start of the Eastern freeway to Casa Pallotti. In peak hour it will take longer.

### **Departures**

Wednesday 10<sup>th</sup> December at 12 noon

Except under exceptional circumstances, we ask that you plan to stay for the whole retreat and leave at the scheduled leaving time.

## **3. Accommodation & Meals**

**Accommodation** at Casa Pallotti is in shared rooms with shared toilet and shower facilities. Details of what to bring are listed later in this document.

The venue is smoke and alcohol free.

**Meals:** Three tasty and nutritionally balanced vegetarian meals are provided each day.

## ***Insight Meditation Retreat with James Baraz, Dec 3-10, 2014***

### **Food Policy:**

We offer a healthy, balanced vegetarian diet that may include eggs and dairy produce. Breakfast and lunch are substantial meals, with a lighter evening meal, generally a soup, bread and spreads.

- **Vegan, Non-Dairy** and **wheat/gluten-free** options are available – please give us details when you book your retreat.

- **We are not able to cater for any other individual dietary needs or preferences.**

- **Food Allergy/Sensitivity:** Whilst cooks endeavour to label any 'problem' ingredients, we do not guarantee to do so. Retreatants with a severe allergy may request the Simple Diet (see below) at lunch but please note, we do not label all the ingredients of our meals nor guarantee the purity of meals.

- A **Simple Diet** of a grain, steamed vegetables and plain pulses, egg or tofu can be provided at lunch time. The Simple Diet is intended to meet the nutritional needs of retreatants whilst being as plain as possible. If you would prefer this option, please request the Simple Diet when you register.

- We do not provide meat or fish in our meals.

- ***If there is a proven medical necessity, it may be possible for you to bring your own personal supplies, after checking with the manager. If you have any questions about the food served on the retreat, please clarify with us **before** you book. We're very happy to discuss your needs and try to come to a solution.***

## **4. Payment Details**

### Retreat Fees:

\$540 + Dana for the Teachers

Full payment on booking is needed to secure your place.

### **Making your retreat payment:**

You can make your payment by one of the two following methods:

#### **1. Direct Debit to the following bank account:**

Bank: Bank of Melbourne  
Account Name: Anthony Eastick  
BSB: 113 879  
Acc Number: 438 323 373

## ***Insight Meditation Retreat with James Baraz, Dec 3-10, 2014***

Please enter your name in the transaction details.

Once your payment has been made, please email us at [insightretreats@gmail.com](mailto:insightretreats@gmail.com) so we can look out for the payment. Please include

1. Your full name
2. Date of payment
3. Method of payment (cheque, money order or direct debit)
4. Amount paid

### **2. Cheque or Money Order**

Make cheques and Money Orders payable to: **Anthony Eastick**

And post to the following address:

Anton Eastick  
38 Urquhart St  
Northcote 3070

### **Dana**

The teachers give freely of their time and energy to lead these retreats. They receive no direct payment for this and are supported only by donations from those attending.

Dana is a Pali word. Pali was the language used in the area of India at the time The Buddha lived. **Dana** means the practice of generosity, or offering. Dana is a completely different way of relating to what is offered. Rather than a commercial transaction, Dana expresses the love and appreciation for what has been received. The daily rate you pay for the retreat covers teachers travel costs, retreat accommodation, basic bills, food and organisational costs. No teacher receives any kind of salary. The Dana boxes that are put out at the end of each retreat support the Teachers and the tradition itself. DANA is not tips, it is not a token gesture, it is a vital resource that allows these retreats and tradition to continue. Be as generous as you wish.

There will be a Dana (donation) box at the retreat for you to offer your support to the teachers after the retreat has finished.

Please note that there is no bank or ATM close to the Casa Pallotti. Please bring cash for Dana with you.

### **5. Cancellations**

If for any reason you are unable to attend the retreat please inform us as early as possible, so that someone else may be able to participate. All of your payment will

## ***Insight Meditation Retreat with James Baraz, Dec 3-10, 2014***

be refunded minus a small administration charge of \$30. Please note we only do refunds via direct debit into your bank account.

### **6. What to Bring**

- Loose and comfortable clothing
  - Walking/outdoor shoes
  - Umbrella and/or rain jacket
  - Sunscreen and hat for summer (one never knows what it will be like)
  - Warm clothes and jacket (it can get cold at anytime of year)
  - Insect repellent
- **All Bedding:** The rooms at Casa Pallotti only provide a bare mattress. **Please note you must bring all your own bedding which includes**
  - Pillows, sheets, pillow slips, blankets, doona or sleeping bag.
- Yoga Mat, blankets or other props you may use
- Towel
- Torch and extra batteries
- Water bottle
- Shawl or blanket for the meditation hall
- Meditation cushions

### **What is not provided**

- Meditation cushions
- Yoga Mats
- Yoga blankets or props
- Blankets for warmth in the meditation hall or elsewhere

### **7. Daily Work Period**

This retreat is fully run by volunteers and no one gets paid for the work they do. In this way we are able to keep the costs down. Therefore In the same spirit we ask that everyone who comes to our retreats contributes one hour of their time each day towards the running of the retreat. This may be anything from washing up, veggie chopping, cleaning or something else connected with running the retreat. We thank you in advance. The list of tasks you may help with is available at registration on arrival.

### **8. Need a Lift?**

If you need a lift do contact us and we will endeavour to match you with someone coming from an area near you.

**Please note:** We can't guarantee a lift to everyone who needs one.

- People coming from interstate will be given priority for lifts from Melbourne.
- For Melbourne people, if we can't offer you a lift from Melbourne, there is regular public transport to Mill Grove via Lilidale. We will be able to pick you

## ***Insight Meditation Retreat with James Baraz, Dec 3-10, 2014***

up from Millgrove. Take a train to Lilydale and then connecting bus to Mill Grove which is just after Yarra Junction.

### **I can offer a lift?**

Let us know if you can take extra people to the retreat.

The car journey is about an hour and a quarter from Melbourne (starting in Fitzroy at the beginning of the Eastern Freeway).

