



Melbourne, 2013

RESIDENTIAL RETREAT

CASA PALLOTTI

MILLGROVE, VICTORIA

1st – 5th Nov, 2013

Practical Information





Melbourne, 2013

1. Retreat Manager

For all enquiries about the practicalities of the retreat please contact Mitra.

Email: ozopendharma@gmail.com

Website: 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

Friday, 1st November at 6pm.

It is not possible to arrive before this date or after this date. This will be a holiday long weekend so leave plenty of time to get there from Melbourne. 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

Tuesday 5th November 12pm

Departures are only permitted at this time. 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.



Melbourne, 2013

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

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 of soup, bread and spreads.

- **Vegan, Non-Dairy** and **wheat/gluten-free** options are available – please request when you book your retreat.
- 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 on arrival.
 - ***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 should have the Simple Diet at lunch. We do not label the ingredients of our meals.
 - 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, at the discretion of the manager. If you have any questions about the food served on the retreat, please clarify with us before you book.***

4. Payment Details

Retreat Fees:

\$320 + Dana (4 day retreat)

Full payment on booking is needed to secure your place.

Dana



Melbourne, 2013

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 ONLY basic bills, food and organizational 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 the vital resource that allows these retreats and tradition to continue. Be as generous as you wish...Please, support those who support the Dharma!

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.

Making your 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

Please enter your name in the transaction details.

Once your payment has been made, please email us at ozopendharma@gmail.com so we can look out for the payment.

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



Melbourne, 2013

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

And post to the following address:

Anton Eastick
38 Urquhart St
Northcote 3070

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 be refunded minus a small administration charge of \$20. 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
- Blankets to keep you warm in the meditation hall
- 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



Melbourne, 2013

The Open Dharma 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 are 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.

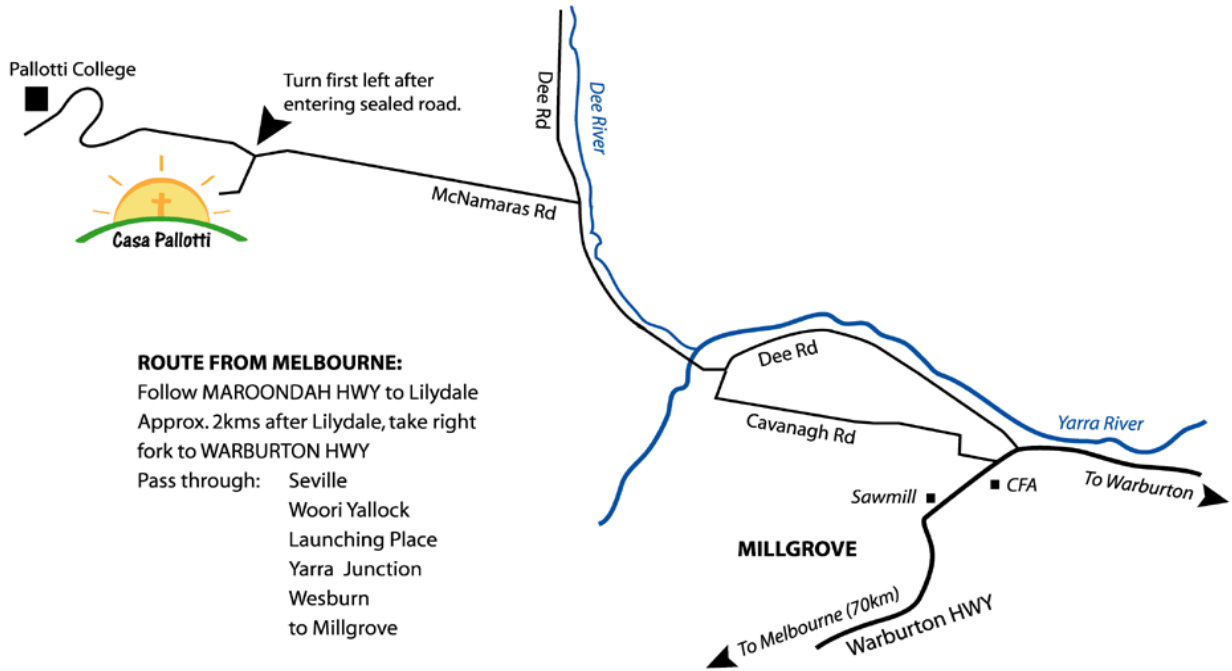
- People coming from interstate will be given priority for lifts from Melbourne.
- For Melbourne people, if we can't offer you a lift from Melbourne, there is regular public transport to Mill Grove via Lilidale. We will be able to pick you up from Millgrove. Take a train to Lilydale and then connecting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

Route Map to Casa Pallotti



ROUTE FROM MELBOURNE:
 Follow MAROONDAH HWY to Lilydale
 Approx. 2kms after Lilydale, take right
 fork to WARBURTON HWY
 Pass through: Seville
 Woori Yallock
 Launching Place
 Yarra Junction
 Wesburn
 to Millgrove