



INSIGHT MEDITATION & YOGA GATHERING 2011

# THE DHARMA GATHERING

## VICTORIA

### Practical Information



**Bringing the depth of Meditation and Yoga alive**

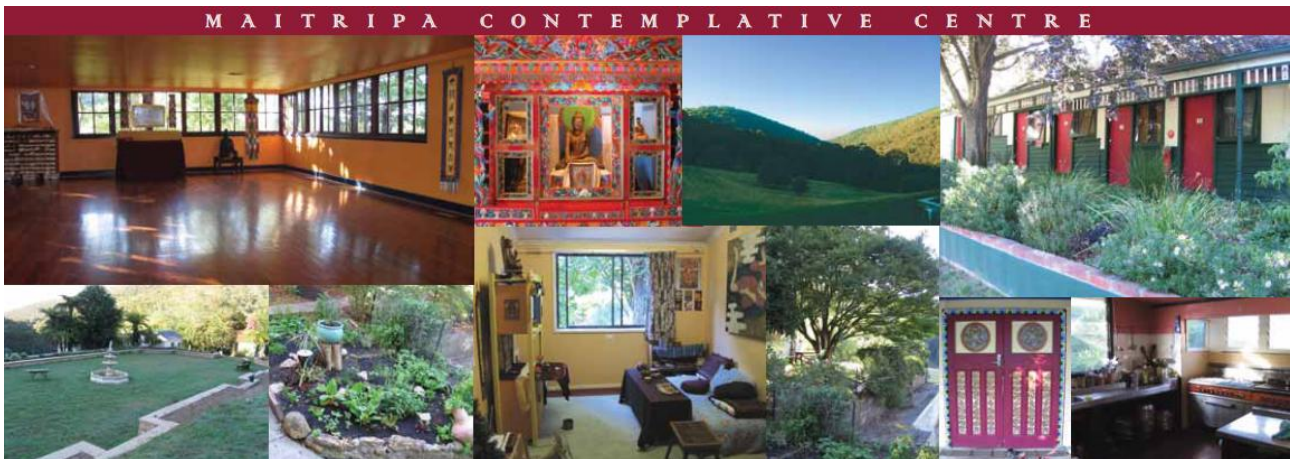


## INSIGHT MEDITATION & YOGA GATHERING 2011

### 1. Retreat Location

The Maitripa Contemplative Centre  
528 Myers Creek Road  
Healesville

Located in the beautiful Upper Yarra Valley, six and a half kilometres from Healesville, the Maitripa Contemplative Centre is an hour and a quarter drive from Melbourne CBD. Maitripa is set on 50 acres of forest and gardens established early in the twentieth century with beautiful walks, vistas and ample parking.



### 3. Accommodation & Meals

Maitripa Centre has simple live-in accommodation and most participants will have their own room although there may be some twin room arrangements if the retreat is nearing capacity. All rooms have shared toilet and shower facilities.

Three tasty and nutritionally balanced vegetarian meals are provided each day. The Maitripa Centre also has its own cafe, Dogen's Café.

The venue is smoke and alcohol free.



## 4. Payment Details

### Fees:

Full fee is \$325 + Dana

Concession is \$280 + Dana

Full payment on booking is appreciated.

### **Dana**

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

**DANA** ~ 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 retreat venue to take cash out at the end of the retreat.

### 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



## INSIGHT MEDITATION & YOGA GATHERING 2011

Account Name: Anthony Eastick  
BSB: 112 879  
Acc Number: 438323373

Please enter your name in the transaction details.

Once your payment has been made, please email us at [DharmaGatheringVIC@gmail.com](mailto:DharmaGatheringVIC@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**

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

And post to the following address:

Dharma Gathering Retreat  
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 cancellations will incur an administration charge of \$40.

### **7. What to Bring**

- Loose and comfortable clothing
  - Walking shoes if you are a bushwalking type



### INSIGHT MEDITATION & YOGA GATHERING 2011

- Sunscreen and hat for summer (one never knows what it will be like at Maitripa)
- Warm clothes and jacket for winter (it can get cold at anytime of year at Maitripa)
- Insect repellent
  
- All Bedding: The rooms at Maitripa only provide a bare mattress.

**Please note you must bring all your own bedding which includes**

- Pillows, sheets, blankets or 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

#### What is provided

- Meditation cushions are provided.

#### What is not provided

- Yoga Mats
- Yoga blankets or props
- Any blankets in the meditation hall

**Giving of service or Karma yoga** ~ The Dharma Gathering is fully run by volunteers, 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.

## Retreat start and finish times



## INSIGHT MEDITATION & YOGA GATHERING 2011

**Retreat Start:** Thursday 5pm: Arrive and move into your room

**Retreat Finish:** 3pm on Sunday

See [www.thedharmapath.com.au](http://www.thedharmapath.com.au) to download the full schedule. This will be available approximately 1 month before the retreat.

### Directions to Maitripa

Maitripa Contemplative Centre  
528 Myers Creek Road  
Healesville

#### 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.

#### I can offer a lift?

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

#### Via public transport

For precise details on how to get to the Maitripa Centre using public transport, go to [www.metlinkmelbourne.com.au](http://www.metlinkmelbourne.com.au)

If you are coming from interstate or overseas via Melbourne airport you will need to take a bus to Southern Cross Railway Station, a suburban train to Lilydale station (the Lilydale line), a bus to Healesville and a taxi to the Maitripa Centre (approximately 8 km).

If using the above website to find out how to get to the Maitripa Centre, the last stop of your journey will be Maroondah Hwy/Green Street, Healesville. For a taxi, call 5962 4722. The journey is usually about two hours for the full journey.





## INSIGHT MEDITATION & YOGA GATHERING 2011

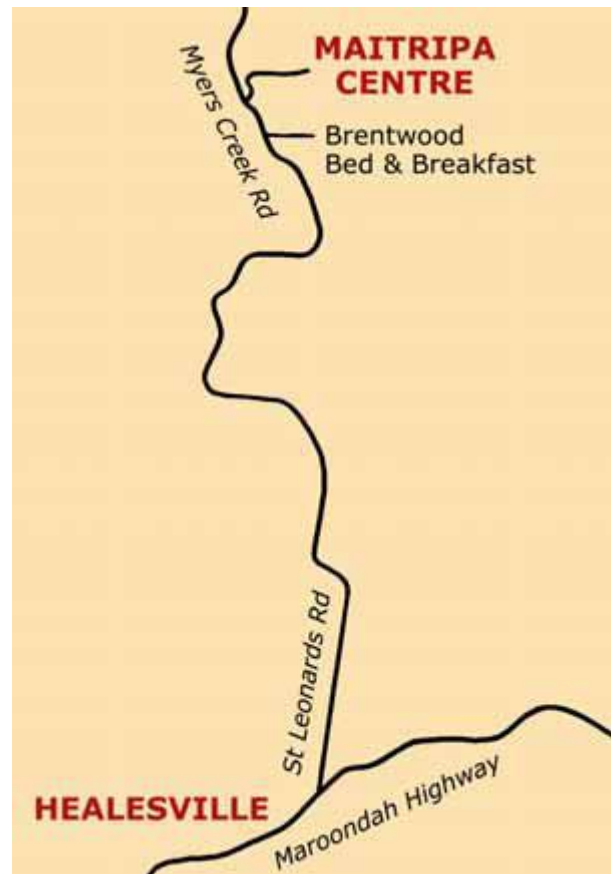
### By car

If you plan to drive to the Maitripa Centre

If you are using a Melways, the reference is 270 C1.

- From Healesville, turn into St. Leonards Road, which becomes Myers Creek Road.
- The Maitripa Centre is approximately 6.5 km from the beginning of Myers Creek Road.
- Park in the upper car park.

The journey is usually about an hour and a quarter drive from Melbourne CBD.





**INSIGHT MEDITATION & YOGA GATHERING 2011**

