



DEEP REST MEDITATION RETREAT - JANUARY 2018

INSIGHT MEDITATION RETREAT

Practical Information

KALLARA CONFERENCE CENTRE
, VICTORIA

MAY 2ND TO 9TH 2018

www.thedharmapath.com.au



Freeing the Awakened Heart



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Retreat Location

Kallara Conference Centre
332 Boundary Hill Rd, Boho South VIC 3669



Kallara is 2 hours north from Melbourne along the Hume Highway. Turn off

There is a map on the Kallara website

<http://kallara.com.au>

Retreat Booking Details

Cost:

Shared Room

4 Day option \$360 + dana

7 Day option \$540 + dana

Single Rooms*

4 day option \$460 + dana

7 day option \$650 + dana

*there are limited single rooms available

Retreat bookings are on the webpage for this retreat at
www.thedharmapath.com



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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, giving 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 food, venue hire, organisational and travel 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 this tradition which has continued since the time of the Buddha to continue. Be as generous as you can.

There will be a Dana (donation) box put out at near the end of the retreat for you to offer your support to the teachers.

Please note that there are no banks or ATM near the retreat venue so please come prepared.

Accommodation

- Accommodation is in rooms with 1-3 people, see costs.
- All rooms use shared toilet and shower facilities.

Meals

Three tasty and nutritionally balanced vegetarian meals are provided each day and included in the cost.

This retreat is smoke, drug and alcohol free. If you wish to smoke then we ask that you go to the entrance of the property.

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.

Refund policy

All refunds will be done via direct deposit

1. Cancellation 15 days or more before the retreat



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- Full refund minus administration charge of \$80
- 2. Cancellation 14 days or less before the start of the retreat
 - %50 of retreat cost will be refunded
- 3. Cancellation 7 days or less before the start of the retreat
 - No refund.

What to Bring

- **Loose and comfortable clothing**
 - Walking shoes,
 - Sunscreen and hat
 - Insect repellent

- **The rooms at Kallara have beds with a mattress only. You will have bring all your own bedding which includes**
 - Pillow for sleeping
 - Sheets. The venue asks that everyone uses bed sheets to protect the mattress. Your attention to respecting this is appreciated and out of respect to the venue, we do have to insist on this.
 - Blanket or doona or sleeping bag

- Yoga Mat, yoga blankets or other props you may use
- Towel and toiletries
- Water bottle
- Shawl, blanket for the meditation hall. It can sometimes already be quite cool at night at Kallara.

What is Provided

- Sitting cushions and mats (zabuttons) for meditation are provided

Giving of service

To keep the retreat costs down, we ask that everyone who comes to our retreats contributes approximately 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.



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Retreat start and finish times

Retreat Start:

Wednesday 4pm: Arrive. Please be on time this saves the organisers a lot of work.

Retreat Finish:

Sunday 2pm after lunch for the 4 day retreat
Wednesday 11.30am for the 7 day retreat

Need a Lift?

Deadline for lift requests is 8 days before the start of the retreat.

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 and don't guarantee a lift to everyone who needs one. We do our best and almost always it works out.

I can offer a lift?

Let us know if you can take extra people in your car to the retreat. Your generosity can really help those who don't have a car or can't use theirs for whatever reason.

Via public transport

If we can't find you a lift, you could consider catching public transport to Euroa. Phones don't work well at Kallara so please inform us well in advance

We'll do our best.

For precise details on how to get to Euroa using public transport, go to www.metlinkmelbourne.com.au

If you are flying in from interstate or overseas via Melbourne airport, you will need to take the Skybus to Southern Cross Railway Station. Country transport leaves from Southern Cross.



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Contact during the retreat

Mobile phones: Please plan on finishing up your communications **before** you arrive at Kallara so you can fully enjoy the noble silence. It's just you and us and the silence. 😊 Mobile coverage at Kallara can be very, very patchy anyway or often non-existent, depending on your phone company.

We ask that you stay on the retreat site for the duration of the retreat.

Emergency Contact

In case of emergency, your loved ones can email us at Kallara on insightretreats@gmail.com

The retreat manager will check that on a regular basis each day.