



INSIGHT MEDITATION

CONNECTING MIND AND HEART

WITH JAMES AND JANE BARAZ

NOVEMBER 23-30, 2018

MAITRIPA CENTRE

HEALESVILLE

VICTORIA

Practical Information



www.thedharmapath.com.au



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1. Retreat Location

Maitripa Centre
528 Myers Creek Road
Healesville
www.maitripacentre.org

Located in the beautiful Upper Yarra Valley, six and a half kilometres from Healesville, the Maitripa 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.



2. Retreat start and finish times

- If you wish to join our retreat, we ask that you plan to be there at the start on Nov 23, and commit to stay until the end on Nov 30
- We will not be taking bookings for a shorter retreat. This is a 7-day retreat.

Start

November 23rd Arrive between 3-5pm for registration and room allocation. We ask you to take care about being on time as this is a tremendous help for our retreat managers.

Finish

November 30th Retreat finishes at midday. We're committed to finishing on time.

Please book your flights to enable you to stay until we are fully finished so you don't place pressure on yourself or the retreat staff. Plan on a



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2+ hour minimum direct journey to the airport via car, more if using other means.

3. Accommodation & Meals

This is a fully residential retreat and all retreatants are expected to stay onsite. Three options for accommodation are available, depending on availability.

- Single room
- Twin room - 2 per room
- Shared room - 3 per room

Please note that if your desired accommodation choice is not available through the online booking system, it's just not available. We don't allow twin or share rooms to be booked by one person.

All rooms use shared toilet and shower facilities.

Three tasty and nutritionally balanced vegetarian meals are provided each day. Dairy/gluten free and vegan options are available during the booking process. All food is included in the cost.

The venue is smoke and alcohol free.

4. Payment Details

All bookings are subject to a non-refundable deposit of \$150. Please read the cancellation policy below before booking.

We are taking either a non-refundable deposit or a full payment and feel free to pay either. If you are paying a deposit, we will be processing the retreat balance on October 1st. Please make a note of this. At the end of the booking process you will be prompted to register for an account which will save your details for next time.

Retreat Cost

Single Room	\$890 + Dana for the teachings
Twin Room	\$810 + Dana for the teachings



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Triple Room \$730 + Dana for the teachings

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.

- **Non-Refundable Deposit**

All bookings are subject to a non-refundable deposit of \$150.

- Deposits and/or bookings are not transferable to anyone else.

- **Cancellation Fees**

- **7 weeks or more before the retreat**

- Full refund minus booking fee

- **7-3 weeks before the retreat**

- Half the amount paid will be refunded.

- **Less than 3 weeks before the start date**

- No refund. (It gets very hard to find someone closer to the retreat date because people who may have been interested make other plans)

6. Dana

The teachers give freely of their time and energy to lead Insight Meditation retreats. 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 and 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 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 the vital resource that allows these retreats and tradition to continue so we ask that you contemplate this with care and openness.

Please note that there is no bank or ATM close to the retreat venue to take cash out at the end of the retreat.



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7. What to Bring

Temperature can vary a lot at Maitripa and even in late spring it can be quite cold. Please be prepared.

- Loose and comfortable clothing
 - Walking shoes if you are a bushwalking type. There's an excellent walk starting at Maitripa
 - Have some clothes for warmer weather.
 - Warm clothes and a jacket - it can get cold at any time of year at Maitripa as it's a bit higher than Melbourne.
 - Insect repellent
- Yoga Mat if you do yoga
- Towel
- Torch and extra batteries
- Water bottle
- Shawl or blanket for the meditation hall

What is provided

- Meditation mats and cushions are provided.
- Chairs for sitting meditation in the meditation hall
- Maitripa provide all bedding

What is not provided

- Yoga Mats
- Blankets, shawls, mats or cushions for outside use
- Any blankets in the meditation hall

Giving of service or Karma yoga

- To keep costs down, 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.

8. Emergency Contact

Email insightretreats@gmail.com or phone 0412 018962



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9. Directions to Maitripa

Maitripa Centre
528 Myers Creek Road
Healesville, Victoria

[Click here to get the Google map](#)

Need a Lift?

- **If you need a lift please indicate this on the booking form** 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, but it usually seems to work out.
- If arriving via plane on the day of the retreat, you will need to catch the Skybus to Southern Cross station. That will be the best place to match you up with a lift.

I can offer a lift?

- Let us know if you can take extra people to the retreat during the booking process.

Via public transport

- For precise details on how to get to the Maitripa Centre using public transport, go to 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 03 5962 4722. The journey is usually about two hours for the full journey

Getting there by car

- 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 a 1.25 hour drive from Melbourne CBD.



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