



NEW YEARS RETREAT - DEC 28 2019 - JAN 1, 2020

NEW YEARS RETREAT

Practical Information

SEACROFT ESTATE

VICTORIA

DEC 28 – JAN 1, 2020

www.thedharmapath.com.au



Freeing the Awakened Heart



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Retreat Location

Seacroft Estate
4990 Great Ocean Rd, Sugarloaf VIC 3234

Arrival – Dec 28th 4pm
Departure – Jan 1st 11am

Accommodation

Accommodation is provided in single, twin share rooms or camping.

- All bedding is provided for single and twin share rooms.
- Share rooms are allocated on a same gender basis only.
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Camping - you will need to bring your own tent and all your bedding.

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.

The retreat venue is smoke, alcohol and illicit drug free. The venue is situated in the country so there is plenty of space for smokers to partake away from the retreat buildings.

Cancellations

If for any reason you are unable to attend the retreat please inform us as early as possible, in case someone else may be able to participate.

Refund policy

All bookings are subject to a non-refundable deposit of \$100. 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 December 1st. Please make a note of this. At the end of the booking process you will be prompted to



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register for an account which will save your details for next time if you wish to do that,

All refunds will be refunded using the card you paid with.

1. Cancellation 21 days or more before the retreat
 - Full refund minus administration charge of \$100
2. Cancellation 20 days or less before the start of the retreat
 - No refund is offered due to the difficulty in finding a replacement at short notice.

What to Bring

Temperature can vary a lot at this time of year so please be prepared.

- Loose and comfortable clothing for
 - Walking shoes if you are a walking type.
 - Have some clothes for warmer and colder weather. (It can be quite cold at night still)
 - Swimmers if you want to brave the beach
- Yoga Mat if you do yoga
- Water bottle
- Shawl or blanket for the meditation hall. (Meditation cushions provided)
- Yoga Mat, yoga blankets or other props you may use
- Towel and toiletries
- Sunscreen and Hat

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.

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



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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 only basic bills, food, organisational costs and airfares. 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 is no bank or ATM at the retreat venue so it's appreciated if you come prepared if you intend to offer dana by cash.

Dana can also be paid via direct deposit or PayID using Anton's phone number 0412 018962

Retreat start and finish times

Retreat Start:

Dec 28th 4pm: Arrive. Please be on time... this saves the retreat manager a lot of work.

Retreat Finish:

Jan 1st at 11am

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 and don't guarantee a lift to everyone who needs one. We do our best.

I can offer a lift?

Let us know if you can take extra people to the retreat. We always do this in consultation with you.



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Via public transport

For precise details on how to get to Apollo Bay using public transport, go to www.metlinkmelbourne.com.au
Seacroft is 20 minutes from Apollo Bay.

If you are flying in from interstate or overseas via Melbourne airport, you will need to take the Skybus to Southern Cross Railway Station which is on Spencer St in Melbourne.

Contact during the retreat

Mobile phones: Please plan on finishing up your communications before you arrive so you can fully enjoy. It's just you and us and the silence. 😊

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

Emergency Contact

In case of emergency, email the retreat email on insightretreats@gmail.com
We'll check that on a regular basis.