

“WAKING UP TO THE PRESENT: PATH OF SERENITY & INSIGHT” – 14-day (14-night) Silent Meditation Retreat with PATRICK KEARNEY

Friday 8th June – Friday 22nd June 2018

Thank you for your interest in joining us at Patrick’s retreat this June at Kallara.

Retreat start and finish times

- Full 14-day retreat – will start with dinner at 6:00pm on Friday 8th June; and finish after lunch (1:30pm) on Friday 22nd June. If you register for the full retreat, it is important that you are able to commit to the full retreat period, including the final day – please arrange your work/home commitments, and travel, to accommodate this.
- 9-day retreat – will start with dinner at 6:00pm on Friday 8th June; and finish after lunch (1:30pm) on Sunday 17th June.
- 3-day long weekend retreat – will start with dinner at 6:00pm on Friday 8th June; and finish after lunch (1:30pm) on Monday 11th June.
- Please arrive at Kallara after 4:00pm and before 5:30pm on Friday 8th June in order to settle into your room and familiarise yourself with the venue; dinner will be served at 6:00pm.

About the retreat

This retreat will include detailed instructions on how to practise mindfulness meditation, with opportunities to experiment with different techniques and discuss the possibilities contained in different approaches to the practise. We will then shift to an exploration of the Buddha’s teaching as contained in the Pali *suttas*, the earliest known records of his talks to his students.

The structure of the retreat is periods of sitting and walking meditation, usually 45 minutes sitting and 45 minutes walking. There is gentle stretching and a sit before breakfast, a practise talk each morning with guidance on meditation, and a dharma talk in the evenings. There is potential to rest throughout the day and there are regular private interviews with Patrick.

After the first week, Patrick will open up the schedule to 'open practise periods' where participants are free to discern when they feel to sit and walk, according to what is apt. This may entail sitting and walking for longer or shorter periods.

About Kallara

Please be aware that Kallara is at high altitude and can be very cold at night, especially in winter, so ensure you bring plenty of warm clothing and bedding (more than you think you might need).

Accommodation

Accommodation at Kallara is in simple, comfortable shared and single rooms, with shared bathroom facilities. Bedrooms are unheated – you are welcome to bring a small heater for your room (note: meditation hall, movement space and dining hall are all well heated). Mattresses are provided; however you will need to bring all your own bedding and linen, including pillow.

Food and catering

Three nutritious vegetarian meals will be provided each day. We will also cater for vegan and gluten-free diets. If you have specific dietary requirements, please indicate this when registering online, so that we can organise your requirements with the cook.

Retreat fees

14-day full retreat fee – \$1,160*

9-day retreat fee – \$750*

3-day long weekend retreat fee – \$360*

* Melbourne Insight Meditation is a not-for-profit organisation, and the retreat fees above cover the basic costs of food, accommodation, and administration associated with offering the retreat (i.e. teacher's travel costs, insurance, Melbourne Insight Meditation administration). The retreat cost does not cover the teachings, as these are offered freely in accordance with the Buddhist tradition. Students are invited to make a *dana* (donation/gift) offering to Patrick via the *dana* box at the retreat, or directly to him via an EFT transfer (details will be given in the confirmation letter, and at the retreat).

Registering for the retreat

Retreat fees include a minimum non-refundable deposit of \$100 required to confirm your booking.

- If possible, please prepay the full retreat fee amount.
- Early registration and full payment is encouraged, as places are limited.
- If the retreat is fully booked upon registration, you will be notified and your name will be placed on a waiting list. You will then be contacted if a place becomes available.

To secure your place on the retreat, please follow the bookings link on our website. This will take you to our bookings system where you can complete your registration form online and make payment for the retreat via credit card.

PLEASE NOTE: the balance of your fee is due no later than MONDAY 21st MAY 2018. If you choose not to pay in full when registering, our online booking system will automatically bill the retreat balance to your credit card on this date. If for some reason your balance is not paid by this date, your place on the retreat may be offered to someone else.

Cancellation Policy

We understand that circumstances change, and that people sometimes need to withdraw from a retreat booking. However, it is also important that we are given enough time to try and find someone to fill your place. Dealing with cancellations and trying to find someone to fill a place can take a large amount of time, which increases our administrative costs. Retreat fees cover the basic costs of putting the retreat on. If you cancel and we cannot fill your place, our organisation is left to pay your costs such as food and accommodation. As a not for profit organisation with limited funds this exposes us to considerable risk.

Cancellation fees apply as follows:

- a) Cancellation at any stage means loss of deposit (\$100)
- b) If a cancellation is made within 7 days of a residential retreat and we are able to find someone to take your place, we reserve the right to retain 50% of your full retreat fee
- c) If a cancellation is made and we cannot find someone to take your place, we reserve the right to retain your full retreat fee

Please arrange work and personal commitments in order to stay on the retreat grounds for the full duration of the retreat for which you're registering.

Thank you.
With warm regards,

Emma Swann
Retreats Registrations Manager
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