

# TIBETAN BUDDHIST SOCIETY PERTH

## 2021 EIGHT DAY MAHAMUDRA RETREAT

Commencing Saturday January 9<sup>th</sup> and concluding mid-afternoon on Saturday January 16<sup>th</sup>  
(Please note that the first session on day one will commence at 9.30am sharp)

*Les will give teachings and guide meditations on understanding and experiencing the conventional nature of mind, as well as the ultimate nature of mind, self and phenomena.*

Cost for full retreat is \$500 with accommodation or \$450 without accommodation

NOTE: Part time attendance (full days only) is available only during the first four days and must include the first day - the daily part time rate (without accommodation is \$70 per day.

**\*With the potential for changes due to COVID-19, we are offering register now & pay later for this retreat\***

### RETREAT APPLICATION – PLEASE COMPLETE ALL FIELDS AND ANSWER ALL QUESTIONS

Name: \_\_\_\_\_ Email address: \_\_\_\_\_

Mobile number: \_\_\_\_\_

Emergency contact: \_\_\_\_\_ Mobile/contact number: \_\_\_\_\_

**If you are not a student of the Tibetan Buddhist Society**, please give details of your previous Buddhist experience:

\_\_\_\_\_

### **ALL PARTICIPANTS – PLEASE NOTE THE FOLLOWING IMPORTANT INFORMATION**

Local students should arrive by 9.15am on Saturday January 9<sup>th</sup> so that we can commence on time. Please access the temple via the dining room at the rear. If you are staying, you will be directed to your accommodation on arrival.

**If applicable, interstate and out of town students please note:**

**Accommodation is only available from Friday January 8<sup>th</sup>** (the night before the retreat) through until the evening of the last day (Saturday January 16<sup>th</sup>) inclusive. Access to the property is available between 9am and 7pm on Friday January 8<sup>th</sup>. If you will require an airport pick-up, it can only be provided between these times. As this service is provided by volunteers, please let us know the details of your flight no later than two weeks prior to the retreat.

Please note that departure flight drop-offs are **only available up until 1pm on Sunday January 17<sup>th</sup>**

Arrival Date: \_\_\_\_\_ Airline: \_\_\_\_\_ Flight No: \_\_\_\_\_ Arrival Time: \_\_\_\_\_

Departure: \_\_\_\_\_ Airline: \_\_\_\_\_ Flight No: \_\_\_\_\_ Departing at: \_\_\_\_\_

**Dinner is available at 6pm the night before the retreat for out of town participants:**

Please include me: YES  NO

**Local students, please check the following boxes if you are able to bring your own:**

Sheets:  Pillow:  Doona/Blankets:  Towels:  Bath Mat:

---

**IMPORTANT DIETARY INFORMATION – PLEASE READ CAREFULLY**

Please make your choice and check one option only:    **VEGETARIAN MENU:**  **MEAT MENU:**

Do you require the following:    **GLUTEN FREE BREAD/CEREAL:**     **SOY MILK:**     **RICE MILK:**

**PLEASE NOTE THE FOLLOWING:** If you suffer from serious food allergies, please give details below. We may then contact you prior to the retreat to discuss if we are able to accommodate them.

**DETAILS OF ALLERGIES:** \_\_\_\_\_

If you require a special diet, we have limited freezer space available if you wish to bring a few pre-cooked meals. Please note that a microwave is available but there are no cooking or food preparation areas available.

**\*\*\*\*\*Please contact us prior to the retreat to discuss this option if you wish to avail yourself of this option.**

---

**UNDERSTANDING & AGREEMENT**

I have read this application form and the attachments and I confirm that I agree to abide by the retreat conditions:  
(Please sign here to indicate your agreement) \_\_\_\_\_

---

**PAYMENT INFORMATION**

**We expect to make a decision on whether the retreat will proceed as scheduled towards the end of November.**

**We will then contact you to advise that payment is due and inform you of the available payment options.**

Please complete the following information:

I wish to attend for:

**Full retreat with accommodation \$500**  **Full retreat without accommodation \$450**

**Part time days @\$70 per day –**

**Please state which days:** \_\_\_\_\_

---

Please complete your application and return it to us by **Sunday December 6<sup>th</sup>, 2020**

## **RETREAT APPLICATION INFORMATION – MAHAMUDRA JANUARY 2021**

**PLEASE RETAIN THIS PART OF THE FORM FOR YOUR OWN REFERENCE**

***PLEASE NOTE THAT THE STARTING TIME ON DAY ONE WILL BE 9.30am SHARP  
PLEASE ARRIVE EARLIER SO THAT YOU CAN PLACE YOUR BELONGINGS IN THE TEMPLE AND  
BE DIRECTED TO YOUR ACCOMMODATION IF YOU ARE STAYING ON-SITE DURING THE RETREAT***

### **Application & Payment**

**\*With the potential for changes due to COVID-19, we are offering register now & pay later for this retreat\***  
Please save and email (or return) the completed form to us by the closing date. If you need to cancel your application, please give us as much notice as possible. Once we are certain the retreat will proceed as scheduled, we will contact you to advise that payment is due and provide instructions how to pay by your chosen method

**\*\*\*\*\* PLEASE NOTE: All applications are subject to acceptance and approval by our resident teacher.**

***A retreat involves working with mind and requires commitment on the part of the participant. Please read the following carefully as you will be asked to sign to declare that you agree to these conditions & the retreat discipline. If you have any queries, concerns or further questions, please do not hesitate to call or email.***

### **COVID-19 Information**

*By attending this retreat you agree to follow any COVID plan that may be in place, use the provided hand sanitiser, practice social distancing if/where possible and follow any other instruction that may be given at the time.*

### **Rules of Discipline**

- Please observe the five precepts – no killing, stealing, lying, sexual contact or intoxicants.
- Please take care that your actions do not disturb other participants. (This includes singing & whistling etc.)
- Visitors are not permitted during the retreat and **students should not to leave the property unless for urgent circumstances or medical attention**. Please bring everything you think you might need with you.
- Do not take food or drinks (including water bottles) into the temple.
- Mobile phones, recording devices, cameras and other electronic equipment are NOT permitted in the temple. Use of mobile phones should be kept to a minimum and SHOULD NOT be used in the foyer or dining area of the temple building.
- All participants will be placed on a roster to share the food preparation and cleaning duties.
- **Please be punctual and attend all sessions.**
- There will be a number of sessions each day, the first session commencing at 7.00am and the last concluding at 8.30pm There will be breaks for morning and afternoon tea, as well as breakfast, lunch and dinner.
- Finishing time on the final day will mid/late afternoon.

### **Accommodation & Meditation Facilities**

All accommodation is shared and bathrooms are also shared. Mattresses are inner-sprung and we provide pillows. We also provide meditation cushions and foam mats & chairs are available for those unable to sit on the floor. If you are a local student and can supply your own bedding & towels, please indicate this on the application form. If you wish to bring your own meditation cushion/stool you are welcome to do so.

***\* Interstate and country students – please note:***

***Accommodation is included from the night before the retreat begins and on the final day.***

### **Out of Town Participants - Arrivals & Departures - Airport Pick-up & Drop-off service**

Accommodation is only available from Friday January 8<sup>th</sup>, until Saturday January 16<sup>th</sup> inclusive. If you are making your own way to the centre, access to the property is available between 9.00am – 7.00pm. If you require an airport pick-up, it is only available between these times. Departure flight drop-offs are only available up until 1pm on Sunday January 17<sup>th</sup>. If you do not have the details when registering & you require this service, please provide flight details at least 10 days prior to the retreat.

### **Laundry**

Free laundry facilities will be available during this retreat.

### **Candles, Incense & Smoking**

Fires, candles and incense are never permitted due to the fire hazard and smoking is strictly forbidden at all times.

### **Food & Meals**

Vegetarian meals are provided every day and may be supplemented with meat occasionally during longer retreats. Retreat food is prepared by volunteers under the guidance of the kitchen manager. Meals are nutritious and participants are encouraged to receive meals gratefully as provided. Please indicate on the registration form if you wish to be included in the meat diet. We have a range of coffee, tea and herbal teas in addition to filtered water. Whenever possible and with adequate notice, we are happy to offer alternatives such as soy/rice milk, GF bread & cereal, caffeine-free tea & coffee, however we are unable to provide individual/alternate meals.

**If you require a special diet, we have limited freezer space available if you wish to bring a few pre-cooked meals. Please note that a microwave is available but there are no cooking or food preparation areas available. Please contact us prior to the retreat to discuss this if you wish to avail yourself of this option.**

### **Food/Medical Issues/Chemist**

***If you suffer from food allergies or have a serious medical condition, please contact us prior to registering to discuss if/how we will be able to accommodate you.***

If you require medical supplies during the retreat, please talk to the retreat manager who will organize someone to pick them up for you. Please note that other than medical supplies, we are not able to provide a personal shopping service.

### **List of things to bring**

- Personal water bottle – filtered water will be provided for refills.
- Appropriate clothing – (**clothing should be modest, appropriate & respectful**) Lightweight or warm depending on the season.
- Prescription and non-prescription medications and all toiletries (including tissues). Please use organic shampoo wherever possible in consideration for the health of our septic system and the environment. (We stock a range of Australian made natural soaps).
- Doona, blanket, pillow, sheets (for single bed), towels – if possible and you are a local student (Please indicate if you can assist with this on the application form).
- Torch (don't forget new batteries)
- Ear-plugs – if you are a light sleeper and disturbed by snoring. Nasal strips – if you are a snorer.
- Hot water bottle for winter.
- Shower thongs (if required) & indoor slippers for dining area.
- Your cushion/stool if you prefer to bring your own.
- Meditation blanket for early mornings or evenings during colder weather.

### **Offerings**

Traditionally, an offering is made to the teacher at the conclusion of the teachings or retreat (please note that this is entirely optional). Tibetan offering scarves (khatas) can be purchased at the temple shop and envelopes for monetary offerings will be available. Please ensure that you bring enough cash in the denominations you require.

***If this information sheet does not answer all your questions, please contact us and we will do our best to help.***

Tibetan Buddhist Society Perth - 274 Campersic Road, Herne Hill WA 6056.

EMAIL: [contact@tibetanbuddhistsociety.com.au](mailto:contact@tibetanbuddhistsociety.com.au)

Web: [www.tibetanbuddhistsociety.com.au](http://www.tibetanbuddhistsociety.com.au)