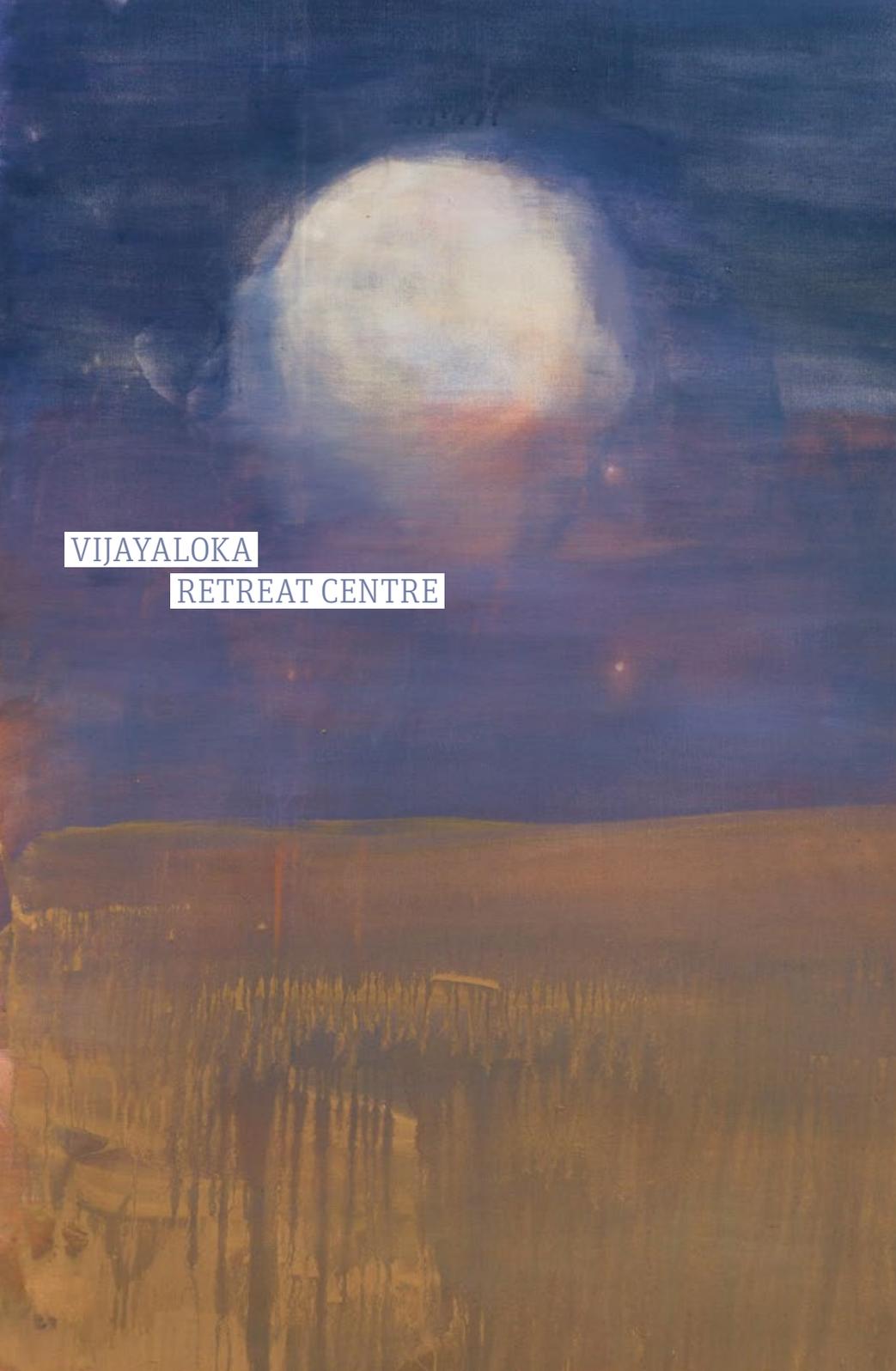




VIJAYALOKA | RETREATS
PROGRAM | 2022



VIJAYALOKA

RETREAT CENTRE

At Vijayaloka, we run retreats throughout the year which offer excellent conditions in which to explore and deepen your awareness of yourself, of other people and of the world around you, away from the habits and restrictions of your daily routine.

Vijayaloka is operated by Sydney Buddhist Centre as a dedicated space for meditation and spiritual practice, set in pristine bushland on the Georges River just one hour from Sydney CBD.



BOOKINGS & INFORMATION:

SYDNEYBUDDHISTCENTRE.ORG.AU/RETREATS



INTRODUCTORY RETREATS

Weekend retreats introducing meditation and Buddhist teachings. An excellent way for those who are completely new to meditation or wanting to re-learn meditation to spend time with like-minded people, away from the distraction of everyday life.

Introductory Retreats

Learn two Buddhist meditation practices: Mindfulness of Breathing and Mettā Bhāvanā. We will help you to set up in good posture and give a fully led practice, so there is no need for any previous experience. Along with practical instruction we'll give some background on where meditation fits into the bigger picture of Buddhist practice and worldview.

Fri 22–Sun 24 April \$200 / \$145 (2 days)

Fri 29–Sun 31 July \$200 / \$145 (2 days)

Fri 28–Sun 30 October \$200 / \$145 (2 days)

Rainbow Retreat: An Introduction to meditation and Buddhism

A weekend introductory meditation and Buddhism retreat for anyone who identifies as LGBTQI+, as well as anyone who is supportive of and celebrates diverse sexualities.

Fri 11–Sun 13 February \$200 / \$145 (2 days)

Introductory Mens Retreats

A weekend retreat for men* introducing meditation and Buddhist teachings. An excellent way for those who are completely new to meditation or wanting to re-learn the fundamentals.

Fri 16–Sun 18 December \$200 / \$145 (2 days)

**Anyone who identifies as a man.*

Qi Gong & Meditation

A combination of Qi Gong movements and meditation, these retreats are open to all, no experience needed.

Fri 11–Sun 13 March \$200 / \$145 (2 days)

Fri 9–Sun 11 September \$200 / \$145 (2 days)

Family Retreat

For families with school-aged children. Activities include meditation for children and adults, parent sessions, drama, craft, activities around the campfire, and exploring the bush, river and labyrinth. All adults attending must have a Working with Children Check.

*Mon 26–Wed 28 September
\$120/adult + \$30/child*

Eleventh Step and Recovery

For those in recovery from addictions. Ideal for learning and practising meditation with others in recovery in a supportive environment.

Fri 4–Sun 6 February \$200 / \$145 (2 days)

Fri 5–Sun 7 August \$200 / \$145 (2 days)

Fri 2–Sun 4 December \$200 / \$145 (2 days)



WEEKEND
RETREATS

Open to people who attend our centres with all levels of experience. A great opportunity to go deeper in your practice and get to know other people involved.

Weekend Meditation Retreats

Women's Meditation Retreat

Open to all women^ with an established meditation practice.

Thu 24–Sun 27 February \$265 / \$200 (3 days)

Breaking the Chains

A weekend retreat following on from the Breaking the Chains course.

Fri 22–Sun 24 April \$200 / \$145 (2 days)

In Love With the Dharma

Fun, friendship and stimulating conversation for those interested in discovering how to apply the Buddha's teachings in our everyday lives. Suitable for anyone who is familiar with the practices we teach.

Fri 12–Sun 14 August \$200 / \$145 (2 days)

Nature of Mind

A weekend retreat to culminate the Nature of Mind project – a six month events-programme to explore the mind, in all its mystery, using neuroscience, Buddhist thought, and psychology.

Fri 18–Sun 20 November \$200 / \$145 (2 days)

Coogee Sangha Retreat

A long weekend retreat for people who attend the Coogee Buddhist Centre.

Fri 10–Mon 13 June \$265 / \$200 (3 days)

^Anyone who identifies as a woman.

Working with Nature

Weekends where we spend time together not only meditating but also caring for the retreat facilities, grounds and the surrounding bushland. Many people who enjoy coming to Vijayaloka find participating in these weekends a great way to give back in a meaningful and practical way.

Fri 4–Sun 6 March (2 days)

Fri 3–Sun 5 June (2 days)

Fri 23–Sun 25 September (2 days)

Fri 9–Sun 11 December (2 days)

\$60+ By donation

Young Sydney Buddhists

Retreats for people aged 18–35, to practice meditation, Dharma and friendship together.

Easter Retreat

Thurs 14–Mon 18 April \$200 / \$145 (4 days)

Winter Retreat

Fri 19–Sun 21 August \$200 / \$145 (2 days)

Fri 19–Fri 26 August \$480 / \$365 (7 days)

An abstract painting with warm, earthy tones of gold, brown, and ochre. A white, elongated, somewhat vertical shape, possibly representing a figure or a path, is the central focus. The background is textured with various shades of brown and gold, suggesting a landscape or a celestial scene. The overall mood is serene and contemplative.

GOING DEEPER

MEDITATION RETREATS

Longer retreats for those who already have an established meditation practice. There will be multiple periods of meditation each day and a significant amount of time spent in silence.

Men's Retreats

Men's Meditation Retreat

A mostly silent 5 day meditation retreat for men* who are familiar with the practices we teach.

Sun 6– Fri 11 March \$375 / \$280 (5 days)

Men's Intensive Retreat

An intensive meditation retreat for men*. Some experience of meditation required.

Fri 24 June–Sun 3 July \$575 / \$430 (9 days)

Fri 24 June–Sun 10 July \$865 / \$650 (16 days)

**Anyone who identifies as a man.*

Women's Retreats

Women's Meditation Retreat

An intensive meditation retreat for women^ with an established practice.

Thu 3–Sun 13 November \$585 / \$435 (10 days)

^Anyone who identifies as a woman.

Mixed Meditation Retreats

Immersion in the Immeasurables

Exploring the Brahmavihāra (“immeasurables”) meditations: mettā (loving kindness), karunā (compassion), muditā (empathetic joy) and upekkhā (equanimity). Suitable for people who are familiar with the Mettā Bhāvanā practice.

Fri 29 April–Fri 6 May \$480 / \$365 (7 days)

Luminous Mind

Emphasising collective exploration, silence and devotion, ease and spaciousness, we'll seek together the luminous nature of mind. Suitable for those with an established practice.

Fri 16–Fri 23 September \$480 / \$365 (7 days)

Ānāpānasati

This retreat will focus on the Ānāpānasati meditation — a version of the mindfulness of breathing practice, as it was taught by the Buddha. Suitable to those with a regular mindfulness of breathing practice who want to go deeper into this practice.

Fri 14–Sun 23 October \$575 / \$430 (9 days)



ORDER & GFR RETREATS

Ordination Training Retreats

For mitras training to join the Triratna Buddhist Order. Book directly with the GFR team.

Women's GFR Retreat: The Mythic Context

Retreat for women who are training to join the Triratna Buddhist Order. More details, will be announced closer to the time.

Thu 14–Mon 25 July (11 days)

Men's GFR Retreats

Retreat for men who are training to join the Triratna Buddhist Order. More details on the theme will be announced closer to the time.

Sun 15 May–Sun 29 May

Fri 26 August–Sun 4 September

Order Retreats

For members of the Triratna Buddhist Order.

Oceania Order Convention

Convention for Dharmacāris, Dharmacāris and Dharmacārinis living in Australia and New Zealand.

Sat 7–13 May (7 days)

Men's National Order Gathering

Annual National Order Gathering for men.

Fri 30 September–Mon 3 October (3 days)

Men's Post-Ordination Retreat

A retreat for Dharmacāris, especially those still within the nissāya period (five years from ordination).

Mon 3–Sun 9 October \$430 / \$325 (6 days)

2022 RETREAT CALENDAR

February

04–06 Eleventh Step and Recovery

11–13 Rainbow Retreat

24–27 Women's Meditation Retreat

March

04–06 Working with Nature

06–11 Men's Meditation Retreat

11–13 Qi Gong and Meditation

April

14–18 Young Sydney Buddhists Easter Retreat

22–24 Breaking the Chains

22–24 Introductory Retreat

29–06 Going Deeper Meditation Retreat:
Immersion in the Immeasurables

May

07–13 Oceania Order Convention

15–29 Men's GFR Retreat

June

03–05 Working with Nature

10–13 Coogee Sangha Retreat

24–10 Going Deeper Meditation Retreat:
Men's Intensive Meditation Retreat

July

14–25 Women's GFR Retreat

29–31 Introductory Retreat

August

05–07 Eleventh Step and Recovery

12–14 Going Deeper Meditation Retreat:
In Love With the Dharma

19–26 Young Peoples Retreat

26–04 Men's GFR Retreat

September

09–11 Qi Gong and Meditation

16–23 Going Deeper Meditation Retreat:
Luminous Mind

23–25 Working with Nature

26–28 Family Retreat

30–03 Men's National Order Gathering

October

03–09 Men's Post-Ordination Retreat

14–23 Going Deeper Meditation Retreat:
Anāpānasati

28–30 Introductory Retreat

November

03–13 Going Deeper Meditation Retreat:
Women's Meditation Retreat

18–20 Nature of Mind

December

02–04 Eleventh Step and Recovery

09–11 Working with Nature

16–18 Beginners Retreat for Men

SYDNEY BUDDHIST CENTRE

The Sydney Buddhist Centre is part of a worldwide movement—the Triratna Buddhist Community.

Triratna draws on the entire Buddhist tradition and expresses itself in a fresh and dynamic way. We have been offering courses in Buddhism and meditation in Sydney for more than 40 years. Our teachers are practising Buddhists who strive to incorporate the ideals and practice of Buddhism into daily life.

We offer courses in Buddhism and meditation in a friendly, supportive environment. Our meditation techniques can be used by anyone regardless of religious beliefs.



02 9519 0440

sydneybuddhistcentre.org.au/retreats

