

SYDNEY BUDDHIST CENTRE

RETREATS

2019

JUNE

WORKING WITH NATURE

Engage with the beautiful bushland at Vijayaloka, on the outskirts of Sydney. We'll meditate & spend time together practising and helping care for the retreat facilities & grounds. All welcome!

Fri 28th 7pm – Sun 30th 3pm
By donation (\$60 suggested)

JULY

MEN'S MEDITATION RETREAT

An opportunity to glimpse our true nature, our ultimate nature – whose name has never been known. Led by Khemadhamma, Moksavajra and Shuddha. For men who have a regular practice. An optional further week's retreat follows – enquire for more details.

Fri 5th 7pm – Sun 14th 3pm
\$575 (\$430 concessions)

ORDER & MITRA RETREAT: HEARING THE SKY

Explore key aspects of Milarepa's life and his practice of Tilopa's Six Words of Advice. The retreat will have a strong devotional focus, with puja to begin and end the day. Meditation, teaching and time for personal practice will complete this two day retreat. Led by Bodhidasa.

Fri 26th 7pm – Sun 28th 3pm
\$200 (\$145 concessions)

AUGUST

WOMEN'S MEDITATION RETREAT

On this ten day retreat we'll have an opportunity to explore meditation together. With meditation, Dharma, movement, chanting, ritual, poetry, and communal life and work, this is a precious opportunity to experience ourselves more fully, and integrate our seemingly different aspects. Led by Chittaprabha, Prakashika, and Yasokaruna. Some experience necessary.

Thurs 1st 7pm – Sun 11th 3pm
\$585 (\$435 concessions)

INTRO TO BUDDHIST MEDITATION

An intro to meditation, including help with posture and establishing an effective practice in your daily life. There will be plenty of opportunity for practice and discussion, as well as time to explore the beautiful bush setting. Led by Prakashika and Padmadakini, for all levels of experience.

Fri 30th 7pm – Sun 1st Sept 3pm
\$200 Adult (\$145 concessions)

SEPTEMBER

OPENING TO YOUR HEART WITH QI GONG & MEDITATION

You need to feel your heart energy with the whole of your being. With Qi Gong movements, and meditation in stillness, the heart has the space to reveal itself. Connect with yourself and everything around you. Open to all. Led by Yasokaruna.

Fri 6th 7pm – Sun 8th 3pm
\$200 (\$145 concessions)

MITRA RETREAT: FREEDOM IN FRIENDSHIP

Explore the liberating dimension of friendship. The Buddha declared "Kalyana mitrata (friendship) is the whole, not the half, of the spiritual life". We shall investigate what true friendship is and what it brings to our understanding of self, other and the world. Led by Siladasa with Kamalamayi and Dharmalata.

Fri 20th 7pm – Sun 22nd 3pm
\$200 (\$145 concessions)

FAMILY RETREAT

Designed for school-aged children and their parents or carers. Activities will include meditation, parents session, drama, sports, craft, stories and songs around the campfire, and exploring the bush, river and labyrinth. All ages and levels of experience welcome!

Fri 27th 7pm – Mon 30th 3pm
\$120 (adult) \$30 (child)

OCTOBER

INTRO TO BUDDHIST MEDITATION

A long weekend retreat including foundational mindfulness of breathing and Metta Bhavana meditation instruction, help with meditation posture and ways to establish an effective practice in your daily life. Due to the closeness of Padmasambhava Day, this retreat will include some reflection on this figure. There will be plenty of opportunity for practice and discussion, as well as time to relax and explore the beautiful bush setting. For all levels of experience.

Fri 4th 7pm – Mon 7th 3pm
\$265 (\$200 concession)

SPRING WORKING WITH NATURE RETREAT

Engage with the beautiful bushland at Vijayaloka, on the outskirts of Sydney. We'll meditate & spend time together practising and helping care for the retreat facilities & grounds. All welcome!

Fri 25th 7pm – Sun 27th 3pm
By donation (\$60 suggested)

NOVEMBER

ORDER RETREAT: GREEN TARA SADHANA

The retreat will be an excellent opportunity to fully immerse yourself in the practice of the Green Tara sadhana as given to Bhante by Chatrul Sangye Dorje. Green Tara is one of the core sadhanas that Bhante has encouraged all Order Members to have some familiarity with and will be a valuable opportunity for all Order Members to discover the practice... and for those who have the sadhana as their root practice to engage with it more deeply and to share their experience with others. Also supported by the practice of the contemplation of the 24 nidanas. Led by Dharmananda.

Fri 8th 7pm – Sun 17th 3pm
\$575 (\$430 concessions)

INTRODUCTION TO BUDDHISM & MEDITATION

An introduction to some core Buddhist teachings and meditation practice. Through discussion, imagination, practice and friendship we will explore how these teachings can make a positive difference in daily life for ourselves and others. With plenty of time to relax and explore the beautiful bush setting, this retreat will provide a full introduction to the mindfulness of breathing and Metta Bhavana meditations, and tips on continuing in daily practice. For all levels of experience.

Fri 29th 7pm – Sun 1st Dec 3pm
\$200 (\$145 concessions)

DECEMBER

EMBODIED WHOLENESS

In Triratna, Dharma practice is embodied in a dynamic mandala of five principles. We progressively integrate mind and body. We discover the power of skilful, positive mental states. Then, directly investigating, we open to the essential truth of our being. Finally, we can rest in simple openness, embodied wholeness. In this retreat, we'll explore the transformational nature of these five great principles, how our meditation might change as we go deeper and how wisdom and compassion may be fully embodied. Tejananda writes: 'I'd like to approach this in a thoroughly embodied way, building up an integrated practice which brings all five principles together'. Led by Tejananda, for all levels of experience.

Thur 26th 7pm – Wed 1st Jan 3pm
\$430 (\$325 concessions)

For further information call **9519 0440** or email info@sydneybuddhistcentre.org.au