

# BUDDHA BY THE BEACH

## *A Dharma Gathering*

25<sup>th</sup> November to 2<sup>nd</sup> December 2011



Thank you for your interest in the 2011 Dharma Gathering.

The Dharma Gathering program includes meditation, Dharma talks, Dharma inquiry, yoga and the celebration of community through art and music. Teachers facilitate discussions and experiential sessions, exploring themes such as the human condition, love, dealing with fear and anger, relationships, the nature of awareness, studies of Buddhist texts, meditation practice, freedom and liberation.

All Dharma Gathering sessions are optional and both new and experienced meditation practitioners are welcome. Full or part time attendance is available.

### Teachers & presenters:

**Christopher Titmuss** has been teaching Awakening and Insight Meditation worldwide for over 30 years. He is a senior Western Dharma teacher and his approach emphasizes freedom, compassion and social responsibility. Christopher was a Buddhist monk in Thailand and India for 6 years and has written numerous books, including 'Light on Enlightenment', 'An Awakened life' and 'Transforming Our Terror'.

**Radha Nicholson** teaches the cultivation of wisdom & compassion through Insight. She is a guiding teacher for Bay Insight in Byron Bay & regularly teaches retreats in India & Australia. Radha leads the Australian Dharma Facilitators Program & is also a registered psychologist.

**Patrick Kearney** teaches meditation throughout Australia and South East Asia. Patrick is a pali scholar and has practiced meditation, primarily Vipassana and Zen, since the 1970s.

**Ellen Davison** is a guiding teacher at the Kuan Yin Meditation Centre in Lismore and at Bay Insight in Byron Bay. Ellen is an apprentice Zen teacher in the Diamond Sangha Lineage and leads Zen and Vipassana retreats in Darwin, Queensland and Northern NSW.

**Will James** is a guiding teacher at the Tallowood Sangha in Bellingen and leads retreats on the east coast. Will teaches regularly at the Dharma Gatherings in Australia and India and assists Radha Nicholson with the Australian Dharma Facilitators Program.

**John Seed** – Guest presenter, is a founder and director of the Rainforest Information Centre in Australia and since 1979. John has been involved in the direct actions which have resulted in the protection of rainforest areas in Australian, South America, Asia and the Pacific region.

**Jess Huon** has been passionately practicing meditation in a variety of traditions since she was seventeen. She is a published writer who lived in relative solitude for two years. Jess has taught with Open Dharma in India and is now teaching retreats in Australia. She teaches regularly with the Melbourne Insight Sangha at Ceres.

**Etiquette on Retreat:** The Dharma Gathering is conducted under the shelter of the 'Five Ethical Precepts', which create a safe, caring and conscious environment for spiritual practice and enquiry.

During the Dharma Gathering participants are requested to observe the Five Precepts and to take up the practices of:

1. Cultivating kindness and restraining from harmful actions.
2. Cultivating appreciation and generosity with possessions and restraining from taking what is not offered.
3. Cultivating inner joy and contentment and restraining from sexual expression.
4. Cultivating truthful and appropriate communication and restraining from speech that distorts or is damaging.
5. Cultivating clarity and restraining habits that create dullness or heedlessness.

*Please be aware Yarrahapinni Adventist Youth Centre is an alcohol, smoke and drug free environment*

**Dana:** Following tradition and in recognition of the priceless nature of the spiritual teachings, the teachers receive no payments but offer their teachings as a gift. Teachers take time out of their busy lives to conduct retreats and in recognition of their generosity there will be an opportunity for participants to make a donation of support and appreciation to the teachers (dana).

***Please note - There are no EFTPOS facilities available so please bring your dana offering with you.***

**Mindful Work Periods:** To give participants the opportunity of contributing to the shared experience of retreat life, the smooth running of the DG and to keep costs low, you are requested to assist each day with the various work tasks. These include assisting with kitchen/meal duties, cleaning and various other light duties.

**Venue:** Yarrahapinni Adventist Youth Centre ([www.yarra.org.au](http://www.yarra.org.au)) is situated on 30 hectares of coastal rainforest right on the beach just north of Stuarts Point, midway between Sydney and Brisbane. Coffs Harbour is the nearest airport, approx. 1¼ hours away and Macksville the nearest town, approx. 25 mins.

**Accommodation:** Yarrahapinni Adventist Centre offers either cabins, which have a bathroom and sleep up to 7 or dormitory style accommodation which sleep up to 6 people. Part time participants staying at Yarrahapinni will be accommodated in the dorms.

**Off-site camping:** There is no camping allowed at Yarrahapinni, however there is a campground at Grassy Head, a short walk down the beach. If you choose to camp please bring all your camping equipment and make your own campground booking and payments separately by contacting (02) 6569 0742.

**Meals:** Three tasty and nutritionally balanced vegetarian meals are provided each day. We can cater for three special diets - vegan, gluten free and non dairy which need to be requested on your application form.

**Transport:** There is no public transport directly to Yarrahapinni. Please note: The nearest railway station is Macksville approx 20 kms north and Coffs Harbour airport is approx. 80 kms north. There will be **one** airport pick-up on the **first** and **last** days **only**. Outside of these times you will need to make your own arrangements to and from the airport or railway station.

Please indicate on the registration form if you will need a lift or if you can provide lifts for other people. Reasonable attempts will be made to meet transport requests but lifts cannot be guaranteed.

**Arrival/Departure times:** Please arrive between 3:00pm and 5:00 pm on Friday 25<sup>th</sup> November 2011. This will allow you time to complete your registration, settle into your accommodation, set up your cushion in the hall and orientate yourself before a light meal at 6:00 pm.

The retreat commences after the evening meal and it is important to be seated in the hall by this time.

For those coming part time, the registration table will be staffed each day at 8.30am and again at 12.30pm. Registration outside these times is by arrangement.

The Dharma Gathering will finish after lunch (approx. 2pm) on Friday 2<sup>nd</sup> December.

### Retreat Fees:

Accommodation Type	Full week	Daily
➤ Cabin Accommodation	\$515	N/A
➤ Dormitory Accommodation	\$465	\$70
➤ Off-site Campers and daily visitors	\$360	\$55

The above retreat fees cover meals and accommodation (except campsite fees); they do not include any payment for the teachers. Teachers rely on donations and there will be a dana (donation) box available.

### Booking and Payment Procedure:

Complete the attached Application Form and return with your deposit or full payment by:

1. email to: mailtwd-dg2011@yahoo.com.au

**OR .....**

2. post to: **'Dharma Gathering 2011', c/- 20 Bielsdown St, Dorrigo NSW 2453**

Please submit your application with a deposit of **\$100 or full payment**. If possible please pay the full amount. Should your application be unsuccessful a full refund will be made.

\*\* If you are paying a deposit then the balance of fees must be paid either before the Dharma Gathering or upon your arrival at registration. If you are paying the balance of fees by cash when you arrive it would be appreciated if you could bring the correct money as change may present a problem. Please note there are no EFTPOS or credit card facilities available at the Dharma Gathering. Payment instructions are detailed below.

### Payment Methods:

1. Cheque or money order – made payable to **'Tallowood Sangha'** and posted to:  
'Dharma Gathering 2011', c/- 20 Bielsdown St, Dorrigo NSW 2453

**OR .....**

2. Electronic Funds Transfer (EFT) to Bananacoast Community Credit Union (BCU):

BSB Number: 704328  
Account Name: Tallowood Sangha  
Account Number: 179921

*(BCU members please use Credit External option)*

If paying by EFT please use **'DG' plus your name** as the reference to link your application and payment.

After receipt and acceptance of your application and payment, your booking will be confirmed by email. Receipts will be issued during registration at the Dharma Gathering.

**Cancellation:** If for any reason you are unable to attend please let us know as early as possible. Cancellations will incur an administration charge of \$15. Cancellations less than **7 days** prior to the retreat commencement will mean the loss of your deposit.

**Contact:** For emergency situations only, if you need to be contacted during the Dharma Gathering a message can be left at the Yarrahapinni Office on ph: 02 6569 0730. We request that mobile phones be turned off during the retreat and if you need to make calls these can be done outside the retreat area.

**The draft schedule for the Dharma Gathering, apart from the day of silence, is:**

<b>DAILY SCHEDULE</b>	
5.30 - 6.30 am	Yoga (individual or class)
6.30 - 7.30	First sit
7:45 - 9.30	Breakfast, then a work / rest period
9.30 - 10.50	Group discussion (workshop) with a teacher (choice of topics)
11.00 - 11.45	Second sit
11.45 - 12.10 pm	Walking Meditation
12.15 - 2.30	Lunch / rest period
2.30 - 3.50	Group discussion (workshop) with a teacher (Choice of topics)
4.00 - 4.45	Third sit
4.45 - 5.00	Walking Meditation
5.00 - 6.00	Announcements and Dharma Talk
6.00 - 7.30	Dinner
7.30 - 8.15	Fourth sit
8.15 - 8.30	Standing Meditation
8.30 - 10 pm	Evening program: inquiry, poetry, loving-kindness meditation, questions, music

**Note: All activities are optional**

**What to bring:**

- Bedding - sheets, pillow/pillow case and blankets or sleeping bag (*only bed & mattress is supplied*)
- Meditation cushions and mat: Firm cushions are required to provide sufficient support to elevate your pelvis about 10cm off the ground; use with a soft cushion on top if needed for comfort. A mat or folded blanket is essential to relieve pressure under the legs. A kneeling meditation bench is also a good alternative if you have one. Ordinary chairs are available if you are unable to sit on the floor.
- Torch and spare batteries
- Water bottle (*please do not take inside the meditation hall*): – filtered water is available at Yarrahapinni
- Clothing: Comfortable, modest and slogan free clothing suitable for sitting, yoga, walking and work period. Long sleeved, light coloured clothing can give some mosquito/sandfly protection.
- Meditation shawl/wrap: The weather can be variable so bring something warm to wrap yourself in.
- Yoga mat if you wish to participate in yoga.
- Sunglasses, hat, sunscreen and insect repellent and rain/wet weather gear
- Walking shoes, swimmers and beach towel, if you wish to swim
- Bath towel and personal toiletries – please use unscented personal products wherever possible

## **Directions to Yarrahapinni:**

### **If travelling from the south:**

1. Travel north from Kempsey on the Pacific Highway to 'Tourist Drive 14' approx 33 kms north of Kempsey. Turn right off the highway onto this road.
2. Follow 'Tourist Drive 14' for 9.4 kms to a little church on a T-junction and turn right at the T-junction. This is Stuart's Point Road.
3. Follow Stuart's Point Rd to the next T-junction. Turn left onto Grassy Head Rd and follow this for 3.7 kms to your destination, Yarrahapinni Adventist Youth Centre.

### **If travelling from the north:**

1. Travel south through Macksville for 5 kms on the Pacific highway. Travel over the long concrete bridge, then almost straight after turn right onto 'Tourist Drive 14'. The road sign says - Stuarts Point, Scott's Head. This road doubles back under the concrete bridge adjacent to the river.
2. Follow 'Tourist Drive 14' for 9.7 kms to a T-junction. Turn right at the T-junction, this is the Grassy Head Road turnoff. Signage indicates - Yarrahapinni SDA Ecology Centre.
3. Follow Grassy Head Road for 5.6 kms to your destination, Yarrahapinni Adventist Youth Centre. Caution as the road is quite windy.

Directions available from: <http://www.yarra.org.au/how-do-i-get-there> or <http://maps.google.com.au/maps>

## **Further information:**

Contact Lyn or Rowan by email: [mailtwd-dg2011@yahoo.com.au](mailto:mailtwd-dg2011@yahoo.com.au) or phone: (02) 6657 2504



*The Dharma Gathering is hosted annually by Tallowood Sangha*