

# Meditation Retreat

Recollective awareness with Jason Siff and Jenny Taylor



This open and accepting approach to meditation is based on early Buddhist teachings, and guided by gentleness, permission, and curiosity.

The retreat will include silent meditation periods, simple instructions, daily talks and discussions about meditation, optional group interviews and individual interviews on request. There will also be plenty of time for rest, walking, and journal writing. Apart from discussion periods, the retreat will be conducted in silence. New and experienced meditators are welcome.

Where: Campfire in the Heart, Ragonesi Rd, Alice Springs

You can attend for one, three, or five days

5 day retreat - 5pm Friday June 8<sup>th</sup> until 1.30pm Wednesday 13<sup>th</sup> 2012

Cost \$490 with early bird price offer \$460

Note that the last two days of the retreat (June 12 and 13) will be offered dependent on a minimum of 10 people registering. This will be confirmed by March 16<sup>th</sup> 2012.

3 day retreat - 5pm Friday June 8<sup>th</sup> until 1.30pm Monday June 11<sup>th</sup>.

Cost \$330 with early bird price offer available at \$290

1 day retreat - 9am-9pm Saturday only

Cost \$80 (bring plate of food to share- lunch and dinner)

The camping retreat will be fully catered with nourishing vegetarian meals and camping fee included – you will need your own tent/swag. Shared twin rooms (limited number available) cost an additional \$20 per night per person.

Traditionally Buddhist teachings are offered freely: you are invited to make a donation to support the teachers. For information about Jason's approach to Buddhist meditation check out blog [unlearningmeditation.com](http://unlearningmeditation.com) and [www.skillfulmeditation.org](http://www.skillfulmeditation.org)

**Earlybird ends March 16<sup>th</sup> 2012 (\$100 non-refundable deposit required to secure booking).**

**Registration and full payment by May 27<sup>th</sup> 2012.** . Numbers are limited. Please register early to assist with retreat planning. *Some concessions are available.*

For information and registrations contact:

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