

# 'Unlimiting Mind, Unlimited Heart'

**23<sup>rd</sup> – 29<sup>th</sup> June 2012 - Sangsurya, Byron Bay**

**Teachers: Subhana Barzagli & Carol Perry**

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Thank you for your inquiry & interest in the 'Unlimiting Mind, Unlimited Heart Meditation Retreat

This retreat offers an ideal opportunity for established meditators to deepen their practice. Those new to meditation can experience a valuable but gentle introduction to silent meditation & the Dharma teachings in a welcoming, supportive environment.

Insight meditation allows us to see clearly the reactions and distortions that arise in our daily life. It cultivates an awareness of the freedom and clarity that is available in each precious moment.

Three delicious vegetarian meals are provided each day.

For further retreat information please contact Sonja Andrey by email: Andrey Sonja <sandrey-at-optusnet.com.au> (replace –at- with @). Email is preferred. The phone number for text messages is: 0433 804 389 . If you need to talk to Sonja, please text asking what time she is available for you to call.

Information about the Sangsurya Retreat Centre is available at [www.sangsurya.com.au](http://www.sangsurya.com.au)

## **Bookings:**

**Option 1:** Complete the attached Application Form and return by email to:

- ❖ Andrey Sonja <sandrey-at-optusnet.com.au> (replace –at- with @)

Your full payment or deposit will need to be received before your booking can be confirmed.

**Option 2:** Complete the attached Application Form and return by post together with your full payment or deposit to:

- ❖ *Unlimiting Mind, Unlimited Heart*

51 Carr Street, Bulimba, Qld. 4171

After receipt of your application and payment/deposit your booking will be confirmed. Further information e.g. travel directions, what to bring etc will be forwarded to you with your receipt.

Should the course be full, you will be notified and your name will be placed on a waiting list. You will be contacted if a place becomes available. Early application and payment is suggested, as places are limited.

### **Etiquette on Retreat:**

To obtain full benefit from this retreat, please arrange your work and personal commitments in order to stay on the retreat grounds for the full duration.

The majority of the retreat will be conducted in silence. Smoking is not permitted anywhere on Sangsurya Retreat Centre property.

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.

### **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).**

### **Retreat Fees:**

Full retreat fee is **\$500.00** (accommodation), **\$365.00** (camping) with a minimum **non-refundable deposit of \$100** required to confirm your booking. If possible please prepay the full amount.

### **Payment Methods:**

- Cheque, money order – made payable to Kuan Yin and posted to:  
‘Unlimiting Mind, Unlimited Heart Retreat ’ – 51 Carr St. Bulimba Qld 4171
- Direct deposit/bank transfer to:  
BSB Number: 637 000  
Account Name: Kuan Yin  
Account Number: 715 806 487  
Reference: Your Name + June Retreat

**NB: Cancellation incurs loss of deposit. There is always a waiting list. Please cancel early, if this becomes necessary, so others have time to make arrangements to attend.**

# Application Form – (Unlimiting Mind, Unlimited Heart)

## Section 1:

### Personal Details:

<b>Name:</b>		<b>Gender:</b>	<b>Age:</b>
<b>Address:</b>			
<b>Email:</b>			
<b>Phone:</b>	<b>Mobile:</b>	<b>Home:</b>	

### Contacts in case of emergency during the retreat:

<b>Name:</b>		
<b>Relationship:</b>		
<b>Phone contact:</b>		

### Personal Requirements:

<b>Dietary:</b>	
<b>Other needs:</b>	
<b>Do you have sleep issues that may disturb others?</b>	

### Transport:

Your vehicle registration number if parking at Sangsurya:				
<b>If you can offer a lift or are requiring a lift, please complete the following section:</b>				
<b>Offering a lift?</b>	<u>One way</u>	<u>Return</u>	<u>Number of people you can take:</u>	<u>From:</u>
<b>Requesting a lift?</b>	<u>One way</u>	<u>Return</u>	<u>From:</u>	

**Note:** Reasonable attempts will be made to meet special requirements & lift requests but cannot be guaranteed.

**Payment Details:** *If paying by EFT please use **Unlimiting Mind, Unlimited Heart Retreat' plus your name** as the reference so that we can link your application and payment.*

EFT	Cash	Cheque/ Money order	Reference Name
\$ <i>Deposit/Full payment</i>	\$ <i>Deposit/Full payment</i>	\$ <i>Deposit/Full payment</i>	

<b>How did you hear about this retreat ?</b>	
<b>Do you want to receive emails about future retreats</b>	

## **Section 2:**

### **Participant confidential information**

- By completing this section you are providing background information for teachers only.

<b>Name:</b>		<b>Gender:</b>	<b>Age:</b>
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**Life situation and/or occupation:**

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**Current meditation practice (if any):**

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**Previous courses with this teacher(s):**

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**Previous retreats / meditation practice:**

<b>Tradition</b>	<b>Teacher</b>	<b>Year</b>	<b>Length</b>

**Current issues that may make meditation or retreat participation difficult for you at this time:**

<b>Physical</b>	
<b>Mental / Emotional</b>	
<b>Spiritual</b>	

How may the above interfere with sitting and walking meditation?	
How may the above effect your participation in the daily work period?	
How do you assess your current ability to work with emotional swings?	

Many meditators are on a healing journey. On meditation retreats individuals may experience strong physical and psychological states. Please answer all the following questions so we can care for you appropriately.

<b>Do you have any current or previous:</b>	<b>Yes/No</b>	<b>Past</b>	<b>Current</b>
Drug (including alcohol) abuse or addiction issues			
Diagnosis or treatment of a mental illness (psychological or psychiatric)			
Medical conditions that could require attention during the retreat			

<b>If you answered “Yes” above please give further information about your condition:</b>	<b>Yes</b>	<b>No</b>
Are your symptoms currently well controlled?		
Do you currently drink alcohol on a regular basis?		
❖ If so, have you ever had any problems abruptly stopping alcohol usage?		
Do you currently use recreational drugs (e.g. marijuana, amphetamine, ecstasy)?		
❖ If so, are you able to abstain from all recreational drugs during your retreat?		
Have you ever made a serious attempt at taking your life?		
Do you have a history of emotional instability during intensive meditation retreats?		
❖ If so, please briefly explain:		

**If you are taking any prescription medications for physical or psychological conditions please list each medication and daily dosage, as well as the condition it is being used to treat below:**

<b>Condition</b>	<b>Current Effect on Daily Life</b>	<b>Treatment Including medications.</b>	<b>Hospital admissions</b>	<b>Current Doctors or Therapists Name &amp; address</b>

By printing/signing my name below, I confirm that the above information is correct.

I will inform the teachers/managers of any change in my circumstances.

**Name or Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_