

MEDITATION RETREAT



JASON SIFF

19th - 22nd March 2010 - Far South Coast N.S.W

JASON SIFF, the founder of the Skillfull Meditation Project, was a Buddhist monk in Sri Lanka in the late 1980's before devoting his time to teaching Recollective Awareness, his own approach to vipassana meditation. This is a flexible form of meditation, in which one allows experiences to form and become known. This is followed by awareness through recollection of the meditation experience and is a gentle way to cultivate knowledge of one's inner world. Participants can receive guidance with their meditation practice through individual and group interviews, as well as from daily talks and discussions.

ACCOMMODATION Offers a choice between camping, dormitory sleeping six and private vans.

VENUE Namgyalgar is a retreat centre at the foot of Gulaga Mountain, near Central Tilba. Set in the forest with views of the sea, beautiful beaches are very close and the mountain itself is considered sacred to the Yuin people and has breathtaking walks. If this is your first visit to the Central Tilba area, you are in for a treat.

FOOD The meals will be vegetarian and our cook will make every attempt to meet special dietary needs.

COST The whole program is \$200 for the vans and \$180 for camping and dormitory. This covers all meals and accommodation, but does not include any payment for the teacher. Teachers rely on donations and there will be a Dana (donation) box available.

SCHEDULE Retreat commences 6pm Friday with a light supper, set up and registration between 4-6pm and concludes about 3pm Monday.

PART TIME It is possible to attend either the full three days or just the weekend, arriving either Friday night or Saturday morning. Cost is \$150 for vans and \$140 for dorms and camping which includes meals and accommodation.

TRANSPORT There is a Premier bus from Sydney and Melbourne to Tilba Tilba and a Rex flight to Moruya. Canberra bus is Countrylink to Bega and pick ups can be arranged. It is five hours drive south of Sydney.

BOOKING Please fill out the registration form. For more information phone Angela Wright 02 64938418

More information on Jason can be found at www.skillfulmeditation.org

Registration Form

Reflective Awareness

19th March – 22th March 2010.

Name:.....

Address:.....

Phone(s). (home, work or mobile.).....

Email address (please print clearly)

Are you Male / Female Age

Are you wishing to attend the whole Retreat or part?

Whole Part.....

If part, which day arriving?Departing?.....

Special dietary needs,

Gluten Free, Vegan, Dairy Free

(if other special needs required own arrangements will have to be made)

Can you offer anyone a lift?

Yes / No One-way / Return

Room for.....Passenger(s) From.....

Would you like a lift? Yes.....One way / Return From.....

Car registration if driving to Tilba.....

Contact Person in case of emergency:

Name / Relationship.....

Phone

The information on this form will be treated confidentially.

Do you have any condition that may require urgent medical attention? Yes / No

If yes, please give details:.....

On Meditation Retreats people may experience intense and unusual psychological, spiritual and/or physical states of mind/body. A Meditation Retreat may not be the best place for people with certain psychiatric conditions.

Do you have a history of psychosis, a current major depression or current drug or alcohol problem or other psychiatric condition? Yes / No

If yes please give details:.....

Fee (please circle van accommodation \$200 Dorm./camping accommodation. \$180

Weekend \$150 for vans \$140 dorms/camping

Please prepay the full retreat cost or deposit \$100. Full payment due 1st March

Cancellation prior 1st March. 2010.....Refund minus admin. cost of \$40

1-15th March part refund minus admin. Cost \$100

No refunds after 16th March

Cheques or money order to be made payable to: **Angela Wright**

Postal address: **P.O. Box 36 Quaama Nsw 2550**

Or Email forms to [fairyrgrunge \[at\] yahoo.com.au](mailto:fairyrgrunge[at]yahoo.com.au) (replace " [at] " with "@").

Or Direct debit St George

BSB # 112-879

ACC# 029427868

BYO Meditation stools, cushions etc. Mattresses and pillows are provided in cabins and dorms.