

# Insight Meditation Retreat ~ Vipassana ~



**15<sup>th</sup> to 22<sup>nd</sup>  
November  
2013**

**With Teachers  
Christopher Titmuss  
& Radha Nicholson**

*Thank you for your interest in the 2013 'Insight Meditation Retreat'.*

This classical Vipassana retreat will include comprehensive meditation instruction in Vipassana (Insight) meditation. The retreat offers the opportunity to go deeply into ourselves in a supportive and caring environment with a focus on silence, inner renewal, a deep sense of presence and the emptying of the mind for fresh perceptions and insights. The Retreat is suitable for both new and experienced meditators and follows the 'Insight' format of silence; sitting and walking meditation periods; dharma talks; inquiry sessions; individual meetings with the teachers; along with mindful work and rest periods.

## **Teachers:**

**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 Enquiry Program & is also a registered psychologist.

**Etiquette on Retreat:** The Retreat 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 Retreat participants are requested to observe the Five Precepts and 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 retreat 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. 1.5 hours away and Macksville the nearest town, approx. 20 mins.

**Accommodation:** Yarrahapinni Adventist Centre offers shared accommodation in either cabins, which have a bathroom, or dormitory style accommodation, both taking approximately 5 people. Males and females will be accommodated separately.

**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 minimal 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.

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 15<sup>th</sup> November 2013. 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 at 7pm after the evening meal and it is important to be seated in the hall by this time. Retreat finishing time will be after lunch (approx. 2pm) on Friday 22<sup>nd</sup> November.

### **Retreat Fees:**

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

➤ Cabin Accommodation           \$625 – *early bird cost* - \$575

➤ Dormitory Accommodation   \$565 – *early bird cost* - \$515

*\*\* Early bird discount available if booked & paid prior to 15<sup>th</sup> September 2013 \*\**

**Fee Subsidy:** A limited number of fee subsidies are offered to enable people in financial difficulties to attend this retreat, conditions apply. Please contact us regarding eligibility.

### **Booking and Payment Procedure:**

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

1. Email to: [mailtwd-insight2013@yahoo.com.au](mailto:mailtwd-insight2013@yahoo.com.au)

**OR .....**

2. Post to: **'Tallowwood Insight Meditation 2013', c/- 20 Bielsdown St, Dorrigo NSW 2453**

Please submit your application with your full payment or a deposit of **\$120**. 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 Retreat 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 Retreat.*

### **Payment Methods:**

1. Cheque or money order – made payable to **'Tallowwood Sangha'** and posted to:  
'Tallowwood Insight Meditation 2013', c/- 20 Bielsdown St, Dorrigo NSW 2453

**OR .....**

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

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

*(BCU members please use Credit External option)*

If paying by EFT please use **'INSIGHT' 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 available during the registration period.

**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 \$25. 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 retreat 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.

**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 self directed yoga or exercise.
- Sunglasses, hat, sunscreen and insect repellent and rain/wet weather gear
- Bath towel and personal toiletries – please use unscented personal products wherever possible
- Earplugs are useful if you are a light sleeper

**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 narrow and 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-insight2013@yahoo.com.au](mailto:mailtwd-insight2013@yahoo.com.au) or phone: (02) 6657 2504

*The Insight Meditation Retreat is hosted by Tallowood Sangha, Bellingen*