

Becoming the Compassion Buddha RETREAT May 5-8 2012



with Ven Robina Courtin

There will be designated times of **silence during this retreat** which is applicable for everyone

Meals for all will be simply delicious and uncomplicated and as plentiful as you require utilizing many locally grown organic products

Please do bring your own refillable water bottle if you wish but please note water bottles will not be allowed in the meditation hall during sessions.

We trust also that you have been able to plan your individual preparations for the Retreat

Floor cushions and chairs will be available. If you have a favourite sitting cushion you are welcome to bring this along. If you are using a kneeling stool – you need to bring your own. A warm woollen shawl and warm socks are always recommended for retreat environment.

Recommended reading: Becoming the Compassion Buddha by Lama Thubten Yeshe

<http://www.wisdompubs.org/Pages/display.lasso?-KeyValue=32826&-Token.Action=&image=1>

Everyone's **seating in the Gompa will remain the same** throughout the Retreat once established on Day 1.

Materials handouts for the Retreat will also include a **full daily schedule**

We will also confirm a daily **Karma yoga** activities schedule for all participants during the Information session on Saturday evening May 5th

Each accommodation option has bedding and towels, electric blankets and heating. Hand washing facility and outside clothes lines are readily available as are inside drying areas and clothes dryers should we have continuous rainy weather.

No candles/incense or any cooking of any kind is allowable in the rooms please

Hot /cold drinks will always be available for everyone's use throughout the day as will relaxation areas, inside and outside. The meals area has a choice of inside or outside tables for your use.

Under cover areas are also available at the Venue for use for walking meditation sessions should we encounter very windy or rainy days.

The weather for Tasmania at this time of year can be changeable. Warm layered clothing is best recommended. Please bring wet weather needs also - just in case.

Tasmania is a cool temperate climate - temperature range at this time of year can range from approx. low of 6 - 10 to an approx. high of 15-18 C we do still enjoy sunny days at this time of year !

Here is a helpful site for those visiting Tasmania for the first time or staying on after

Retreat <http://www.discovertasmania.com.au/> or something to inspire you to return again and again !

ARRIVAL - Registration at the venue:

4.30 pm on wards on **Saturday May 5th**

Light supper 6 pm

Introduction 1st session 7.30 pm

Location

Maryknoll Retreat Centre 15 Home Ave Blackmans Bay is less than 20 mins drive from the centre of Hobart and 45 mins from the Hobart Airport. It is quiet, comfortable, simple and spacious....almost like stepping back in time to the mid 70s

Bus Service available: Hobart coaches depart regularly for Blackmans Bay from Treasury Building in Murray St in central Hobart (between Macquarie and Davey St). Request to be let off in Roslyn Ave near the Blackmans Bay Primary School which is directly opposite Home Ave....then a short approx. 5 min walk to the Venue which is clearly signed.

Arriving via Car : (from central Hobart) travel west along Davey St, turn left onto the Southern Outlet and follow Blackmans Bay signs until the roundabout at the eastern end of Algona Rd. Turn left into Roslyn Ave at the roundabout. Home Ave is the 2nd street on your right. Maryknoll Retreat Centre is at the end of Home Ave and is clearly signed

For local Retreat participants:

If you can offer shared transport to the Venue from Hobart please email info@chagtong.org with the number of seats you have available ASAP

Travel arrangements for interstate participants

Shuttle buses and taxis meet every incoming flight.

We can coordinate travel to the Venue from central Hobart if required via shared taxi service
(Or if there turns out to be same flight arrivals we can organize straight from the airport together)

Please email info@chagtong.org your **flight arrival time asap** if you'd like to be included in this service

For those already in Hobart prior to Retreat start please email me your location and we can advise directions and travel options to the venue for you.

A Centralized meeting spot for everyone needing transport to the venue will be in the Mures carpark, Davey St, on Hobart waterfront..(Opposite the Grand Chancellor Hotel.)

If you need to be contacted urgently during the Retreat time **a message can be left on this number 0410 569 909** and it will be followed up for you ASAP.

Please note there will be no internet access for the duration of the retreat at the Venue.
Please attend to all necessary communications prior to arrival at the Retreat.

DEPARTURE

Retreat concludes after last session and breakfast on **Tuesday May 8th**

For interstate participants -upon your arrival we will collect your departing flight details and coordinate travel arrangements to meet flights as required for you.