

## **Ngöndro Gar Retreat 2019**

The following is the retreat schedule and information. Please email Tsunma (Ani) Gosha, the retreat facilitator, for any inquiries at [gosha.gray@gmail.com](mailto:gosha.gray@gmail.com)

### **DAY 0**

14.00 – 16.00  
16.30 – 17.00  
17.00 – 19.00  
19.00

### **SATURDAY 30 MARCH 2019**

Arrival  
Welcome Afternoon Tea  
Introduction to Ngöndro  
Dinner, housekeeping talk with Tricia and Stephen.

### **DAY 1**

06.30 – 08.30  
08.30 – 10.00  
10.00 – 12.30  
12.30 – 14.00  
14.00 – 16.30  
16.30 – 17.00  
17.00 – 18.30  
18.30

### **SUNDAY 31 MARCH**

Own ngöndro practice  
Breakfast and clean up  
Dawn of Vajrayana Meditation  
Lunch and clean up  
Dawn of Vajrayana Meditation  
Afternoon tea  
Own ngöndro practice  
Dinner and rest

### **DAY 2 - DAY 6**

06.00 – 08.00  
08.00 – 09.30  
09.30 – 10.30  
10.30 – 11.00  
11.00 – 12.30  
12.30 – 14.00  
14.00 – 16.00  
16.00 – 16.30  
16.30 – 18.00  
18.00

### **MONDAY 1 APRIL – FRIDAY 5 APRIL**

Own ngöndro practice  
Breakfast and clean up  
Teachings/instruction on each of the five preliminaries  
Morning tea and discussion  
Teachings and Question/Answer  
Lunch and clean up  
Instruction and practice  
Free time  
Own ngöndro practice  
Dinner and rest

### **DAY 7**

06.00 – 08.00  
08.00 – 09.00  
09.00 – 10.30  
10.30 – 11.00  
11.00 – 12.30  
12.30 – 14.00  
14.00 – 15.00

### **SATURDAY 6 APRIL 2019**

Own ngöndro practice  
Breakfast and clean up  
Review of the ngöndro path  
Morning tea and discussion  
Practice and Question/Answer  
Lunch and clean up  
Closing of retreat, dedication and aspiration prayers

## ABOUT THE RETREAT

This ngöndro retreat will offer participants a solid basis of understanding in both theory and actual practice. To give an overview of the whole ngöndro path, we will be learning about and practicing the outer preliminaries as well as the five inner preliminaries thus inspiring Ngöndro Gar participants to continue with confidence in the ngöndro sections yet to come. There will be four sessions a day which will include group sessions, individual sessions and group discussions. The first and fourth sessions of the day will be dedicated to continuing the practice of our current ngöndro preliminary.

Dzongsar Jamyang Khyentse Rinpoche is encouraging Ngöndro Gar practitioners to do at least part of our Ngöndro practice in retreat and has generously given us the option to accumulate hours in retreat with 8 hours of daily practice for 7 days or more being counted as 24 hours per day.

Jakob Leschly will open the retreat 5pm Saturday 30 March, with an introduction to Ngöndro practice. Prior to the retreat itself, Jakob will present some stand-alone programs that are intended to serve as a lead-up to the retreat but are not indispensable. These are: a Friday night public talk in Bellingham about faith in the Buddhist context, and a Saturday seminar covering the nature of the guru-student relationship. The Sunday seminar is part of the retreat and will introduce the view and application of the Vajrayana path.

Our daily program commences on Sunday with a session from 6.30 – 8.30am practicing the section of ngöndro we are currently engaged with, either under the guidance of the instructors at the venue, or in our own rooms. Those persons just starting out will be guided in the contemplations of the outer preliminaries.

From Monday, on each morning after breakfast, we will be exploring one of the five inner preliminaries, Refuge and Prostrations on Monday morning, Bodhicitta meditations Tuesday, Outer and Inner Vajrasattva practice Wednesday, Mandala Offering practice Thursday, Guru Yoga Friday culminating with revision of the whole ngöndro path on the morning of Saturday 6<sup>th</sup> April.

Generally, we will spend the session after lunch practicing the preliminary discussed in the morning session.

We will close each day with practice of our current preliminary, followed by dinner and an early finish time to enable those who are staying off-site to return to their accommodation and rest.

There is no need for apprehension about the retreat. As you can see, the schedule and format of the program is quite manageable and the instructors will be on hand to give practical advice according to each individual's capabilities.

It is said practice is the best way to repay the kindness of the teacher and deepen our understanding of the dharma. This is an amazing opportunity for practice; our hosts Tricia and Stephen have completed three-year retreat and have dedicated the past thirty plus years to providing our blessed practice environment.

## **LOGISTICS**

**HEALTH:** Tricia & Stephen Abell request they be aware if anyone has any significant medical condition. Please note on your registration form if you have any medical conditions e.g. Asthma, Epilepsy, Diabetes and allergies. Ticks and mosquitoes are prevalent in the area - if you know you have a significant allergy, bring an EpiPen and any required medication.

**TRANSPORT:** If you require, or can provide car-pooling, please email Tricia [triciaabell@gmail.com](mailto:triciaabell@gmail.com)

### **Transport for those flying.**

The closest airport is Coffs Harbour, 60mins drive away. If you are flying please try to get a morning flight that arrives not later than 2.00pm on your arrival day.

For returning home after the close of the retreat at 3.00pm, Saturday 6 April, and allowing reasonable time to get to the airport, the earliest flight for you would be 5pm. As Coffs Harbour is a regional airport there may not be a suitable flight available.

You may choose to fly out Sunday 7 April. In this case you will need to book an extra night of accommodation and arrange for airport transfer on Sunday. If this option is difficult for you, please contact Tsunma (Ani) Gosha [gosha.gray@gmail.com](mailto:gosha.gray@gmail.com) to discuss.

Ask Tricia to help you coordinate your flight to arrive or depart at the same time as other participants.

### **Transport for those travelling by train to Urunga station 45mins away.**

To arrive at retreat, catch northbound XPT from Sydney arriving Urunga 15.33, or southbound XPT from Brisbane arriving 11.31.

Retreatants travelling by train may need to depart Sunday 7 April. If this option is difficult for you please contact Tsunma (Ani) Gosha [gosha.gray@gmail.com](mailto:gosha.gray@gmail.com) to discuss.

**Once you have booked your flight or train ticket please email details to Tricia [triciaabell@gmail.com](mailto:triciaabell@gmail.com)**

**MEALS:** 3 vegetarian meals will be provided. Vegan and gluten free options will be available (please indicate on registration form).

If you have very specific requirements we encourage you to bring your own.

## ACCOMMODATION:

Various options are available. NB: check for price changes.

- **Camping at the retreat site \$10/night**  
If you bring your own tent or have a campervan you can set up at the retreat site. It's basic: hot water shower, earth closet toilet, space, birds in the morning. Meditation room available for early morning practice. Please have correct money ready for payment on arrival.

Email to Tricia Abell for information or bookings: [triciaabell@gmail.com](mailto:triciaabell@gmail.com)

- **Bellingen Farmstay, 1.5 km from retreat on Martells Road, 3 minute drive \$37-45+ /night, shared**  
<http://bellingenfarmstay.com.au/> 02 6655 2786 Fiona & Brett  
Three shared cabins at a spacious, beautiful rural setting.  
Phone to book and tell them you are part of the Buddhist retreat.
- **Malibells Country Cottages, 9 km from retreat, 5 km of which is on windy, unpaved gravel, but well-maintained road, 20 min drive \$38-45+ /night, shared**  
<http://malibells.com.au/> 02 6655 1109 Helen & Tony  
Similar in style and natural beauty to Bellingen Farmstay (above). Three shared cabins.  
Phone to book and tell them you are part of the Buddhist retreat.
- **Bellingen Youth Hostel (the Belfry Guesthouse), centre of Bellingen town, 20 minute drive to retreat \$30-50 /night, shared**  
<http://www.bellingenyha.com.au/> 02 6655 1116  
Very pleasant, very popular, award winner. Overlooks Bellinger River. Centre of town location means sounds and movement.  
Make bookings *directly by phone* 02 6655 1116. Mention the Buddhist retreat.
- **Billets with local Dharma Friends**  
No promises, but we'll try. Email Tricia [triciaabell@gmail.com](mailto:triciaabell@gmail.com)
- **Bed n Breakfast and Air BnB via Internet search**  
Plentiful throughout Bellingen Shire, but not necessarily close to the retreat venue. Check distances! Recommended: from venue at 256 Martells Road, Brierfield, maximum 15km north to Bellingen town or east to Urunga and environs.

## WHAT TO BRING:

- Toiletries, a torch, sunscreen, hat, insect repellent, medications if required, natural soaps/shampoo as the grey water is used on the gardens.
- Any special foods you require beyond the retreat catering.
- Water bottle.

- The weather can be unpredictable at this time of year. It could be cool, and possibly wet so bring appropriate clothing for all weather conditions. E.g.: umbrella/raincoat and rain shoes.
- It is recommended that you bring a **meditation shawl** and **blanket or mat for outdoor or verandah practice**.
- **Some** cushions are provided as well as chairs. It is recommended that **if you are driving please bring your own cushions**.
- Your **Ngöndro Text** and reference books such as **Words of My Perfect Teacher** and/or **Not for Happiness**.
- If possible, **prostration mat and gloves, socks or pads for hands**. Jakob recommends a roll of lino as a prostration mat.
- **Mandala plate** – if you don't have one, please advise so we can lend you one. Plus, you'll need a **piece of new cloth** about 1 metre square for using with the mandala plate (if you don't already have this).
- If possible, a **low, small folding table** to sit your text on and use when doing mandala offerings. If you are travelling by air, let us know and we will try to provide one for you.

**IMPORTANT:**

It is policy at this retreat venue that during the retreat participants take care of cleaning the space they use (including meditation room, showers and toilets) and wash their dishes after meals. Participants will also be required to assist the cook with vegetable chopping at least once during the retreat. Karma yoga duties can be chosen on arrival.

**DIRECTIONS:**

**(See next page for directions and map)**

## DIRECTIONS:

### Arriving by car

Church St, Bellingen NSW 2454 to 256 Martells Rd, Brierfield NSW 2454

Drive 12.8 km, 17 min

- Whether you are coming from the north or the south, turn off the Pacific Highway (A1) at Waterfall Way (B78) and drive about 15 minutes straight west into Bellingen town.
- From the centre of Bellingen, turn left (south) into Church Street, past the tennis courts on the left, then up the hill past the hospital, about 2km. At the roundabout at the top of the hill, go left towards Brierfield and Bowraville.
- Continue on the Bowraville Road, about 9km, to a fork in the road. Do not go straight ahead, but take the left fork along Martells Road.
- Continue 2.56km along Martells Road until you arrive at 256, signposted Abell, on the right.
- Drive up the dirt track about 250 metres. We are not the house you see from the road, but behind them in the bush.

