

Melbourne Shamatha-Vipashyana Retreat 2018

The following is the retreat schedule and information.

The Retreat commences with a Dharma talk at 7pm Friday night. As this is a short retreat it is important you are there by 5pm. You can register anytime from 4 pm. Dinner is from 6-6.45 pm. We are on a tight schedule so please be on time

FRIDAY

16.00 – 17.00	Registration
18.00 – 18.45	Dinner
19.00 – 20.00	Dharma talk
20.00 – 21.00	Sitting
21.00	Winding down and rest

SATURDAY

05.30	Wake up gong
06.00 – 8.00	1st Session
08.00 – 9.30	Breakfast
09.30 – 12.00	2nd Session
12.00 – 12.30	Yoga
12.30 – 14.00	Lunch
14.00 – 15.00	Group Discussion
15.00 – 17.00	3rd Session
17.00 – 18.00	Free time
18.00 – 19.00	Dinner
19.00 – 20.00	Dharma talk
20.00 – 21.00	4th Session
21.00	Winding down and rest

SUNDAY

05.30	Wake up gong
06.00 – 8.00	1st Session
08.00 – 9.30	Breakfast
09.30 – 12.00	2nd Session
12.00 – 12.30	Yoga
12.30 – 14.00	Lunch
14.00 – 16.00	3rd Session

The retreat will finish at 4pm

ABOUT THE RETREAT

The focus of the retreat is continual meditation, interspersed with periods for personal study and interview with the instructor. As you can see, the schedule and format of the program is quite manageable..

The format is retreat which means that there are boundaries, and the physical ones are the location where everyone commits to stay for the duration of the retreat, unless there is some unexpected serious reason to leave. Everyone also shares the boundary of speech – silence. Silence is very helpful; otherwise a small space like this would become a space of great, interesting, and probably extensive discussion. We will save that for after the retreat. The boundary of the mind is the common commitment to the vision of the workability of the mind, and the discipline of continual mindfulness during meditation and post-meditation.

Sessions will consist of 20 minutes sitting, 10 minutes walking, and 20 minutes sitting again; then a tea-break in silence and then another 50 minute session as above. The second morning session will include a slightly longer tea break, and also a time for mindful relaxing or yoga at the end.

The atmosphere should be one of commitment to mindfulness, with a relaxed appreciation for the world as it is, not as we think it ought to be. It might rain, it might storm, it might be sweet and sunny, but whatever comes, good or bad, happy or sad, we allow thoughts to go on their way, like an imprint of a bird in the sky.

Couples are welcome, but it is suggested that during the stay they should live separately. Friends can share some of the houses that are made for two persons, but the idea is to create the necessary simplicity in a situation of silence. This is merely a suggestion, and individuals may do as they wish.

Practitioners of Sadhana, Dharma Das, or Dharma Gar may designate one session to their practice, which they can do in their room. The overall inspiration of the retreat is the vision of the unified intention of all vehicles, and there is no Buddhist vehicle where the practice of mindfulness is not the core, and vipashyana not the objective. Hence there should be no concept of separation in terms of the vision and practice that everyone is sharing.

There is no need for apprehension about the retreat. It is for ordinary persons, but of course it requires a commitment to the project of sitting meditation, and as such it suited for anyone practising meditation, regardless of whichever level or variety of meditation they are doing. Jakob will see to it that everyone is alright with the practice, as well as be available if needed for anything related to practice. He will also give the instructions for the practice in the evenings.

Venue Transport; Accommodation

Please see separate information sheets for accommodation, venue location and transport.

Catering:

The meals are simple vegetarian food, 3 times a day. They are generally gluten and dairy free. However, you need to specify any special dietary requirements you have on the registration form.

IMPORTANT:

It is policy at this venue that during the retreat participants take care of cleaning the space they use (including showers and toilets and wash their dishes after meals