

Registration (cont.)

Previous meditation experience

Do you have any physical or psychological health concerns?

Have you had any difficulties or treatment for depression or anxiety?

Do you require any medication for physical or psychological ailments? If so, please describe.

Other requirements

I undertake full responsibility and liability for my own health and safety, including any accident, risk, or "Acts of Nature" during the retreat.

...../...../.....
Signature Date

What to bring

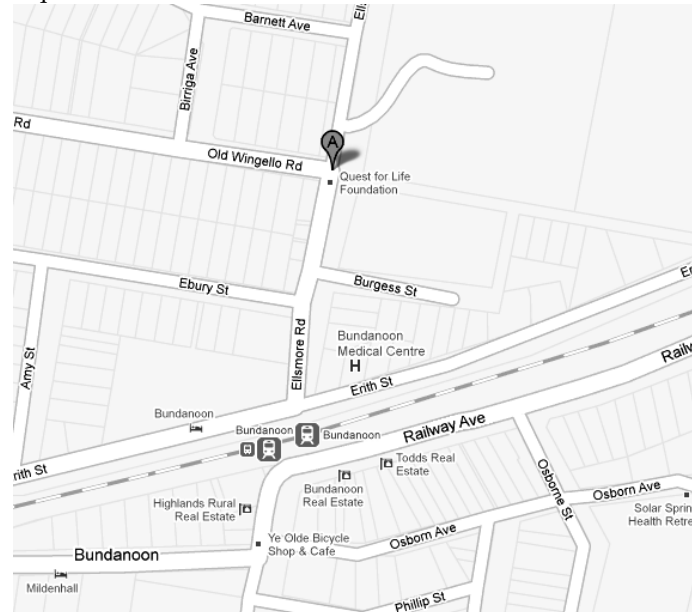
- Comfortable clothing & shoes
- Some warm clothes as it might be cold
- Your own toiletries
- **Torch and umbrella**

Venue

The retreat will be held at the Quest for Life Centre, a large property offering wonderful accommodation and meditation facilities with landscaped gardens and open grassed areas. It is 1½ hours drive south of Sydney at Ellesmere Rd, Bundanoon, NSW.

Driving: From M5, turn left at the Golden Valley Rd exit shortly after Berrima exit. Turn right onto Illawara Hwy at Sutton Forest and then left to Exeter and on to Bundanoon. Bundanoon Station is within walking distance of the Centre.

Quest for Life offers comfortable triple-share bedrooms with ensuite bathroom. All meals are healthy vegetarian. Smoking, alcohol, non-prescription drugs, and non-vegetarian food are prohibited; modest dress required.



Mettā Meditation Retreat

with

Bhante Sujato



22 – 26 April 2011

Quest for Life Centre
Bundanoon, NSW

About the Retreat

*'As a mother would give her life
to protect her only child,
So with a boundless heart
should one cherish all living beings.'*
The Buddha, Karaniyamettā Sutta

Mettā is the unconditional loving-kindness that reaches out to encompass all beings. In *mettā* meditation, we learn to be free from the shackles of selfishness that constrict our emotional capacity. This practical, step-by-step approach goes beyond mere words into a direct experience of boundless, universal love.

Bhante Sujato is an Australian Buddhist monk in the Thai Forest tradition. He is the Abbot of Santi Forest Monastery in the Southern Highlands of New South Wales. Bhante Sujato is a Pali scholar and a highly respected teacher of Buddhism and meditation. He brings a rare combination of humour, compassion, and deep knowledge to his teachings which show us how to live our busy lives within core Buddhist principles. Bhante Sujato's writings are available at: www.santipada.org.

This is an eight-precept retreat. People with any level of meditation experience are welcome to join the retreat.

Eight Precepts

1. To abstain from killing living beings
2. To abstain from taking what is not given
3. To abstain from all sexual activity
4. To abstain from dishonest speech
5. To abstain from intoxicants
6. To abstain from taking food after mid-day
7. To abstain from singing, dancing, and from bodily adornments
8. To abstain from sleeping on luxurious beds

Program

Friday

8:00 Arrival and registration
9:00 Welcome
9:15 Introduction, chanting, meditation teaching
10:15 Meditation
11:15 Lunch
12:00 Relax/informal meditation
14:00 Meditation & interviews from 15:00
17:00 Afternoon tea, rest
19:00 Chanting & Dhamma talk
21:00 Meditation (optional)

Saturday, Sunday, Monday

6:00 Guided meditation
7:30 Breakfast
8:00 Meditation & interviews from 9:00
11:15 Lunch
12:00 Relax/informal meditation
14:00 Meditation & interviews from 15:00
17:00 Afternoon tea, rest
19:00 Chanting & Dhamma talk
21:00 Meditation (optional)

Tuesday

6:00 Guided meditation
7:30 Breakfast
8:00 Meditation & interviews from 9:00
11:15 Lunch
12:30 Farewell gathering
14:00 Finish

Enquiries

Tel: 02 4883 6331; Email: santioffice@gmail.com
website: www.santifm.org
Santi Forest Monastery Inc.
is a registered charity

Please send your registration to:

Santi Mettā Retreat
100 Coalmines Road (PO Box 132)
Bundanoon NSW 2578

Registration

Places are limited – please book early.

Cost

The cost for accommodation for four nights and all meals is \$440. Please include the full payment, by money order or cheque, with this registration (payable to 'Santi Forest Monastery Incorporated').

In accordance with the Buddhist tradition, there is no charge for the teachings. Participants wishing to make a donation may do so at the retreat. All contributions will be used to support Santi Forest Monastery and the resident monastic Sangha.

(Mr) _____

(Ms) _____

Address _____

Phone _____

Email _____

Please tick if you would like to be on our email/ mailing list.

Please tick if you are able to offer a lift from Sydney or Canberra.

Please circle if you need a lift from:

Sydney or Canberra or Bundanoon Station to Quest for Life Centre.

Cancellation

Substitutions/name change will be accepted, but no refunds will be made due to booking requirements by the centre.