

## Registration (cont.)

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

## Cancellation

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

## What to bring

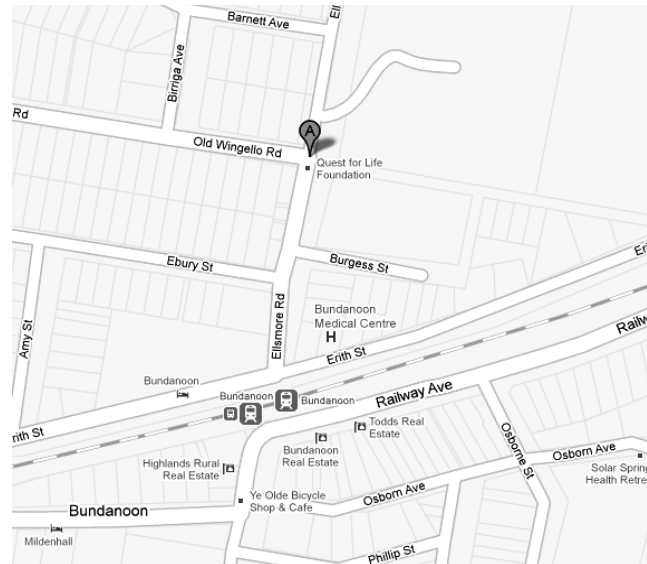
- Comfortable clothing & shoes
- Warm clothes as it may be cold morning & evening
- Your own toiletries
- Torch and umbrella

## 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 Ellsmore 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.



# Metta Meditation Retreat

with

**Bhante Sujato**



6 - 9 April 2012

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](http://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

09:00 Arrival and registration  
10:00 Welcome  
10:15 Introduction, chanting, meditation teaching  
11:00 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,

6:00 Guided meditation  
7:30 Breakfast  
8:00 Meditation & interviews from 9:00  
11:00 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)

### Monday

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

For enquiries

Call Pat Denny 02 4393 6546 or  
email: [santifinance@gmail.com](mailto:santifinance@gmail.com)

Cost

The cost for three nights accommodation and meals is \$412.50 (inc. GST). Payment can be made by **direct deposit** to our bank account . Please write your name and "metta retreat" in the space for "description".

Account Name: Santi Forest Monastery Inc.  
BSB Number: 012-739

Account Number: 3488-68601

Bank: ANZ Bank

Or write a cheque for the exact amount made to "Santi forest monastery inc.". and sent it to the address bellow.

**Important:** Please **do not** use the donation button on the website)

## Registration

Places are limited – please book early.

Fill up the registration form online at [www.santifm.org](http://www.santifm.org) - follow the link "mettā retreat 2012"

or send this brochure filled up to:

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

(Mr)/(Ms)\_\_\_\_\_

Address\_\_\_\_\_

Phone\_\_\_\_\_

Email\_\_\_\_\_

Previous meditation experience