



SIM 2008 Annual new year retreat

A seven-day retreat:

Begins with a 5pm registration on Saturday 27 December until after lunch on Saturday 3 January

Venue:

Karuna Sanctuary, near Katoomba, Blue Mountains.

Cost:

Early bird before 14 December:
\$650/\$595 (SIM members)
After 14 December:
\$695/\$645 SIM members
Part-Time:
\$100 per day

Limited Concessions available, applications to the booking officer

Accommodation:

Is in dormitories or limited single rooms in renovated railway carriages on a first booked basis.

Meals:

Three vegetarian meals be provided each day.

This unfolding life: The Wheels of Becoming

The New Year insight retreat has become something of a popular tradition and this is the fifth in a row. It offers an excellent opportunity to reflect back on the old year and to begin the new one meaningfully.

Christopher McLean and Winton Higgins will teach as usual and will be joined this year by Jenny Taylor whom some of you will know from the Sydney retreats. She has taught for SIM over the last 2 years.

The daily schedule will include the usual formal sitting and walking periods and the emphasis will fall on calm and mindful abiding. Those practising in recollective-awareness mode will be catered for and retreatants will be encouraged to keep journals of their sitting experience.

About the teachers:

Christopher, Jenny and Winton have each practised Buddhist meditation for decades. They all teach in the modern insight tradition and are members of the Insight Teachers Circle of Australia. Jenny leads a dharma group in Alice Springs, and facilitates retreats in the dry country in Central Australia. Winton and Christopher are Sydney dharma teachers and regularly lead practice evenings of the Bluegum Sangha. Christopher also teaches the Tortoise Mountain Sangha.

To make your booking:

Please book using the online form on our website:

<http://www.siminc.org.au/bookings&membership.htm>

What to bring:

Soap and other toiletries, insect repellent, a torch (essential!)

All bedding including towels, sheets and pillows

warm and cool clothes for changeable weather.

Notebook and pen if you wish to keep a journal of your practice.

Getting there:

Easy by car or train to Katoomba station. We'll supply maps and it is a short taxi ride from the station.

Please let us know if you can offer anyone a ride.

Instructions for how to make your payment are also here.

About the venue

Karuna Sanctuary, beautifully located in the Blue Mountains bushland close to Katoomba is a wonderful place to see in the new year in a contemplative and reflective way surrounded by bush and birdsong.

Dana (generosity):

In keeping with the Buddhist tradition that dharma teachings are priceless, fees do not include payment to the teachers. Retreatants will have an opportunity during the retreat to practise generosity through a donation to the teachers, in support of the teachings.