



## WANGDRAK RINPOCHE AUSTRALIAN RETREATS 2017 - INFORMATION SHEET

### RETREAT 1: *Cultivating Shamatha together with Bodhicitta*

Retreat 1 will be held from 16th to 20th November 2017

at Karuna Retreat Centre, Saywell Rd (off Explorers Tree Rd), Katoomba

The fee for Retreat 1 is \$415. There is no fee for ordained sangha.

This fee ensures accommodation in shared rooms, shared bathroom, for four nights.

Deposit of \$200 is to be paid with registration.

### RETREAT 2\*: *The Seven Vajra Points of the Utarratantra Shastra*

\*Please note: This is for Rinpoche's senior students who have previously attended one of his 7-day retreats and have committed to his practice path, including Ngondro.

Retreat 2 will be held from 21<sup>st</sup> to 29<sup>th</sup> November 2017

at Karuna Retreat Centre, Saywell Rd (off Explorers Tree Rd), Katoomba

The fee for Retreat 2 is \$830. There is no fee for ordained sangha.

This fee ensures accommodation in shared rooms, shared bathroom, for eight nights.

Deposit of \$200 is to be paid with registration.

**The balance of fees for both retreats is to be paid by 16<sup>th</sup> October 2017 at the latest**

Or you can choose to pay the full retreat fee at time of registration. Receipts will be provided at the retreat.

RETREAT PAYMENTS can be made in two ways:

- By direct deposit:

Bank: Bendigo Bank

BSB: 633-000

Account Number: 147996805

Account Name: Gebchak Rigpa Har-Sey

Payment: Please write your name and retreat number, in the reference

Reference: field and then email [gebchakretreats@gmail.com](mailto:gebchakretreats@gmail.com) when you make your direct deposit with your name, amount & date of deposit

International: Please use SWIFT code BENDAU3B and bank branch address:

Transfers: 117 Katoomba Street, Katoomba NSW Australia 2780

- By cheque: Cheque made payable to Gebchak Rigpa Har-Sey and posted to: GRH Treasurer, 8 Lawrence Street, Blackheath. NSW. 2785

### REGISTRATION

- Register by completing the Registration Form and then either
  - print the email attachment and fill in, scan and return by email or post, or
  - photograph the completed form on a mobile device and return by email
- Registrations close on 16<sup>th</sup> October 2017
- Send the completed registration form
  - by email to [gebchakretreats@gmail.com](mailto:gebchakretreats@gmail.com) or
  - by post to GRH Treasurer, 8 Lawrence Street, Blackheath, NSW 2785

### CONTACT or ENQUIRIES

- Email: [gebchakretreats@gmail.com](mailto:gebchakretreats@gmail.com) or
- Phone: Margaret or Norbert on 02 4782 3159 or 0432 858 139

## WANGDRAK RINPOCHE AUSTRALIAN RETREATS 2017 - REGISTRATION FORM

### WHICH RETREAT ARE YOU REGISTERING FOR?

Please mark in the brackets with an 'x'

RETREAT # 1: *Cultivating Shamatha together with Bodhicitta* 16<sup>th</sup>-20<sup>th</sup> November, at Karuna Retreat Centre, Saywell Rd (off Explorers Tree Road), Katoomba

RETREAT # 2: *The Seven Vajra Points of the Utarratantra Shastra* 21<sup>st</sup> - 29<sup>th</sup> November at Karuna Retreat Centre, Saywell Rd (off Explorers Tree Road), Katoomba

Please note: RETREAT # 2 is for Rinpoche's senior students who have previously attended one of his 7-day retreats and have committed to his practice path, including Ngondro.

### PERSONAL CONTACT INFORMATION

|                |  |
|----------------|--|
| SURNAME        |  |
| FIRST NAME     |  |
| ADDRESS        |  |
| PHONE NUMBER   |  |
| EMAIL ADDRESS: |  |

### EMERGENCY CONTACT DETAILS

|               |  |
|---------------|--|
| NAME          |  |
| CONTACT PHONE |  |
| CONTACT EMAIL |  |
| RELATIONSHIP  |  |

### MEALS

All meals are vegetarian. We will try to provide gluten free options for main meals. Soymilk can be provided. You may bring additional food to supplement your diet if you have special needs, but fridge space is extremely limited. Please discuss this with us when you are registering for the retreat.

### DO YOU HAVE SPECIAL FOOD REQUIREMENTS?

If you have special food requirements, please mark in the relevant brackets with an 'x'

- I require gluten free food  
NB: there will be no gluten free breakfast cereals or bread provided, however you are welcome to bring your own.
- I require soy milk
- I have other special dietary requirements - please list:

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### RETREAT REQUIREMENTS

- Observe the five training precepts (five lay vows) during the retreat:  
No killing, no stealing, no sexual misconduct and no intoxicants, including drugs, alcohol and cigarettes
- Observe silence from the evening session until lunch the next day
- Retreatants can observe silence throughout the retreat if they choose to do so