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Gebchak Rigpa Har-Sey



WANGDRAK RINPOCHE LEURA BK RETREAT 2019 – REGISTRATION

The Stages of Meditation Training in Tibetan Vajrayana

4pm Thursday 14 March 2019 (registration from 2.30pm) – 2pm Sunday 17 March 2019

Venue: Brahma Kumaris Centre for Spiritual Learning, 186 Mt Hay Rd, Leura, NSW 2780
The venue is located on 132 acres of rugged bushland. The architectural design creates an atmosphere, conducive to meditation. Enjoy walking down to the heritage stone cottage, set among English-style gardens and discover crystal clear water cascading over rocks. Accommodation is in comfortable twin rooms with en suites and the dining room overlooks magnificent valley views. The Centre is 90 minutes west of Sydney, accessible by car and train. Gebchak Rigpa Har-Sey thanks Brahma Kumaris Australia for making their retreat center available for this retreat.

Retreat fee is \$495. There is no fee for ordained sangha. This fee ensures accommodation in a twin-share room with en suite for three nights, and three vegetarian meals a day, and also covers retreat expenses and offerings to Rinpoche and the translator. Pillows provided. If unable to bring your bedding, sheets, a doona and towel can be provided at a \$10 one-off fee.

Retreat deposit is \$200 and to be paid at registration.

The balance of retreat fee is to be paid by 14 February 2019, or the full retreat fee can be paid at time of registration.

Retreat Payments:

By direct deposit:

Bank: Bendigo Bank
BSB: 633000
Account number: 164459224
Account Name: Gebchak Retreats

Please write *LEU & surname* in the reference field and then email gebchakretreats@gmail.com when you make your deposit with your name, amount and date of deposit.

Retreat sponsorship: If you wish to help someone who cannot attend this retreat for financial reasons please make your donation to the Gebchak Retreats bank account and email gebchakretreats@gmail.com

Registration: Complete the registration form, scan or photograph, and email to gebchakretreats@gmail.com – please make sure the scan or photo is legible - Or print and complete, and post to GRH Treasurer, 8 Lawrence Street, Blackheath, NSW 2785

Enquiries:

Phone: Norbert 0475243249 or Margaret 0432858139 **Email** gebchakretreats@gmail.com

WANGDRAK RINPOCHE LEURA BK RETREAT 2019 – REGISTRATION

Personal Information:

NAME

ADDRESS:

PHONE NUMBER(S):

EMAIL ADDRESS:

EMERGENCY CONTACT NAME:

CONTACT PHONE NUMBER AND EMAIL:

MEALS: all meals are vegetarian and prepared by the BK's. Most special dietary requirements can be catered for. **Do you have special food requirements for medical reasons?** Please state briefly below.

Mobility: Let us know if you have reduced mobility. E.g. walking to meditation hall, or climbing into a bath.

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 and no dishonest speech.

Observe silence from the evening session until lunch the next day

Retreatants can observe silence throughout the retreat if they choose to do so

Brahma Kumaris would appreciate participants dressing modestly, for example not shorts, or sleeveless tops or revealing clothes in keeping with a spiritual atmosphere.

Sharing Rooms: Is there anyone you would like to share a room with? State their name below.

Is there anything else you wish to tell us?

Thank you for returning your completed registration form. *GRH 2019 retreat committee*