



## WANGDRAK RINPOCHE BK MELBOURNE RETREAT 2019 – REGISTRATION

### **The Stages of Meditation Training in Tibetan Vajrayana**

**4pm Thursday 7 March 2019** (registration from 2.30pm) – **9am Monday 11 March 2019** (after breakfast)

**Venue:** Brahma Kumaris Centre for Spiritual Learning, 83-99 Stotts Lane, Frankston South, Victoria 3199

The venue is a peaceful oasis of gardens and bushland with accommodation in comfortable twin rooms with en suites. The rooms look out over serene gardens and bushland surrounding the meditation center. The center is 60 minutes from Melbourne accessible by car and train. Gebchak Rigpa Har-Sey thanks Brahma Kumaris Australia for making their retreat center available to them for this retreat.

**Retreat fee is \$620.** 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. There is no charge for teachings but fee covers retreat expenses and offerings to Rinpoche and the translator. Linen is provided including doonas, pillows, sheets, pillow cases & towels. Please do not bring sleeping bags. A few single rooms are available at a one-time payment of \$35.

**Retreat deposit of \$200** is to be paid on 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:**

Bank: Bendigo Bank

BSB: 633000

Account number: 164459224

Account Name: Gebchak Retreats

Please write *MEL & Surname* in the reference field, and then email [gebchakretreats@gmail.com](mailto:gebchakretreats@gmail.com) when you make your deposit with your name, amount and date of deposit.

**Single supplement:** You may apply to be allocated one of the few single rooms at \$35 per stay by emailing [gebchakretreats@gmail.com](mailto:gebchakretreats@gmail.com) with your reason.

**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](mailto:gebchakretreats@gmail.com)

**Registration:** Complete the registration form, online, scan or photograph, and email to [gebchakretreats@gmail.com](mailto: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

**Further information:** We will send you an information form when your registration is accepted.

### **Enquiries:**

Phone: Lynette on 0423756722 or Email: [gebchakretreats@gmail.com](mailto:gebchakretreats@gmail.com)

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### **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. If retreat participants wish to bring additional food for some special reason (e.g. dietary requirements) at no time is non-vegetarian food to be brought onto the property. Most special dietary requirements can be catered for.

**Do you have special food requirements for medical reasons?** Please state briefly below.

### **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*