



Supported Solitary Retreat - 2019

with Subhana Barzaghi, Victor von der Heyde, Jess Huon,
Patrick Kearney, Kirsten Kratz and Carol Perry

1st to 31st March 2019, or first or second half
Vejjasala Retreat Centre, Wingello, Southern Highlands, NSW

We are pleased to offer this supported solitary retreat, providing a valuable opportunity for experienced meditators to engage in a longer period of intensive personal practice, in the company of others. The retreat is intended to support practitioners in the broader Australia-wide Insight Meditation community.

This solitary retreat will be supported by on-site and remote teachers, who will offer participants two interviews, either face-to-face or by Skype, each week throughout the retreat.

Participants can set their own retreat schedule: there will be no formal retreat schedule, teachings or dharma talks, apart from possibly two set sitting times in the day that participants can choose to come to or not) and the meal times. All participants need to have attended *at least three week-long teacher-led silent meditation retreats previously.*

A daily mindfulness work period will be part of each day's practice. Participants will be able to practice in the meditation hall with others, or in their own rooms or surrounding forest. Participants can make time for exercise or yoga and study, including reading listening to whatever dharma talks they're interested in. There is a library of Dharma books at Vejjasala.

Additionally, there will be a time set each day for a recorded dharma talk to be played in the one of the meeting rooms. Anyone can attend this, and anyone can bring talks to be played. There will be a sheet to roster these talks over the retreat.

The retreat will be in silence. Each participant will have a room or a kuti (small cabin) to themselves and use shared bathrooms. The kutis have no mains electricity but some have a small solar-powered light. Three nutritious, vegetarian meals will be provided each day.

Participants can attend as follows:

For the full month, from Friday 1st to Sunday 31st March

For the first 15 days, from Friday 1st to Saturday 16th March

For the second 15 days, from Saturday 16th to Sunday 31st March

In order to support the deepening of practice, and to preserve the silent retreat environment, we ask that arrivals or departures only happen on these dates.

Teachers: The listed teachers providing support are:

Subhana Barzaghi
Victor von der Heyde
Jess Huon
Patrick Kearney
Kirsten Kratz
Carol Perry

Of these, only Victor von der Heyde will be at the retreat and offering face-to-face interviews. Other teachers will be offering twice weekly interviews via phone or Skype. Participants will generally have the one teacher for the duration of the retreat. Subhana Barzaghi will only be taking people who have completed one or more retreats with her and will be available for the first half of the retreat only. Jess Huon will only be available for the second half of the retreat. Kirsten Kratz lives in the UK, and her interviews will take into account the different times zones. Teachers will be allocated on a first requested basis with people doing the full month given priority.

Participants will also have the opportunity to arrange for interviews with a teacher other than one of the listed teachers. All the teachers in the Insight Network Teachers Group (on www.dharma.org.au) and all teachers listed on www.dharmaseed.org are acceptable. For any teacher not on these lists, please check with the registrar before you make arrangements.

Teachers other than the listed teachers will need to contact the registrar to confirm their involvement.

Subhana Barzaghi is both a Zen Roshi and a teacher in the Insight Meditation tradition. She is a resident teacher of the Sydney Zen Centre and founding teacher of both the Bluegum Sangha in Sydney and the Kuan Yin Meditation Centre in Lismore. Subhana's teaching emphasises liberation here and now through the practice of calm abiding and inquiry. She leads Zen and Insight Meditation retreats in the Northern Rivers, Sydney, Melbourne and in New Zealand.

Victor von der Heyde has been practising meditation for over thirty years. He studied with a wide range of dharma teachers in India, Nepal, the US, UK and Australia and has spent over two years in silent retreats. He has taken dharma teaching roles since the mid 1990s and has interests in engaged Buddhist practice and helping people understand the different types of meditation so that they're in a position to choose what works for them. Victor worked for many years as a counsellor.

Jess Huon has been engaged in meditative and embodiment practices since she was seventeen years old. She trained in traditional Buddhist monastic settings and also within intensive periods of solitary forest practice. This training has taken place in Asia, Australia, Spain, and the USA. Jess holds a Bachelor of Creative Arts and post-grad studies in therapeutic arts practice. She is a published author. Whilst deeply informed by but not bound to tradition, her style is grounded in contemporary life.

Patrick Kearney is an independent dharma teacher in the lineage of Mahasi Sayadaw. He has trained extensively in the Mahasi approach to insight meditation, and in the Diamond Sangha lineage of Zen Buddhism. Patrick has a particular interest in the original teachings of the Buddha, before Theravada or Mahayana were thought of. He studies Pali and seeks to bring his understanding of the early texts to the practice of dharma in the contemporary world.

Kirsten Kratz has practised Buddhist meditation in Asia and the West since 1993. She started teaching in 2006. One of her particular passions is exploring how wisdom teachings can foster appropriate responses to the challenges of our time; she supports those on personal retreat in Gaia House, is co-initiator of the Dharma Action Network for Climate Engagement: DANCE and teaches retreats with SanghaSeva combining Dharma practice and Service.

Carol Perry has more than 40 years meditation experience in the Insight tradition. She is a senior teacher with Melbourne Insight Meditation. In 1972 Carol co-founded a rural community where she continues to live. Carol is a long time social activist on ecological issues and is passionate about supporting cohesive and harmonious community in all its forms. She has a mindfulness-based (Hakomi) psychotherapy practice in Lismore NSW and globally by Skype.

Cost

For the full month \$2,400

For 15 days only \$1,250

The cost covers food, accommodation, administration, insurance for DharmaCloud and some of the on-site manager costs, but does not include any payment to teachers. A non-refundable deposit of \$125 is required with the registration forms to secure a place.

Full payment is needed by the 31st January 2019, one month before the retreat starts.

Dana

In keeping with an Insight Meditation and Theravada traditions, interviews are offered on a dana (generosity) basis. At the end of the retreat there'll be a box for dana and envelopes to write who the dana is intended for. Bank account details of the teachers will also be provided. Dana is a reciprocal offering of generosity to the teacher. The level of dana also has an influence on how often teachings are offered on a dana basis in the future.

Getting there

Vejjasala is about a two hour drive from Sydney, and about a twenty minute drive from Bundanoon station. There are regular trains from Sydney to Bundanoon. We will try to arrange lifts with people driving from Sydney and we will make transport arrangements, which may cost extra, for people arriving at, or leaving from Bundanoon station.

Registration

Please complete the [registration forms](#), scan and email them to month-long@dharmadharma.org.au

Then pay the deposit for the retreat and email the registrar to confirm the payment has been made.

Account name: DharmaCloud

BSB: 124-001

Account Number: 90414051

Specify "So19" followed by your name in the reference field so we can identify your payment.

For further information, please email the registrar at month-long@dharmadharma.org.au

