



Metamorphosis

5-day (4-night) Silent Meditation Retreat with Jess Huon Wednesday 24th Oct - Sunday 28th Oct 2018

Location

The retreat is being held at the Orana Guide camp, Roches beach, Lauderdale, Tasmania.
Driving times are:
Hobart CBD 20 minutes.
Hobart Airport 20 minutes.

Retreat start and finish times

Start: Please arrive for registration between 3 and 5pm on Wednesday 24th October.
Dinner will be served at 6pm.
Finish: After a 12:30 lunch on Sunday 28th October.

Accommodation

Accommodation at Orana is in several dormitories each with 4 bunk beds, mattresses and pillows in each. You will need to provide all your own bedding (sheets, doona or sleeping bag, pillow slip). Please note that there is no heating in the dormitories.

Food and catering

Three nutritious vegetarian meals will be provided each day. If you have specific dietary requirements, please indicate this on your registration form, so that we can organise your requirements with the cook. All cutlery and crockery is provided.

Retreat costs

- **5-day retreat cost - \$445.00**

The retreat cost covers the food, cooking, accommodation, teacher travel and administration costs associated with offering the retreat. The retreat cost does not cover the teachings; these are offered freely in accordance with the Buddhist tradition. This ensures that all people have access to the teachings regardless of their financial situation. Students are invited to make a *Dana* (donation/gift) offering to the teacher via the Dana box at the retreat, or directly to them via an EFT transfer (details will be given on the retreat). Please note there are no cash points at the centre so please bring sufficient funds with you!

Dana Guidelines

Jess has been asked to provide a guideline as to an appropriate amount of dana to donate for her teachings.

All are welcome. Please know you are free to give any amount dependent on your financial situation.

Thanks to those of you who are able to give generously - this supports the culture and inclusiveness of the practicing community; enabling all to partake.

There are also usually up to 3 sponsored seats - with reduced costs - on each retreat. Please don't hesitate to contact the event manager to request a sponsored seat.

The following are suggested guidelines to ensure that the retreats can continue.

5 day 4 night retreat	Base Dana	Supporting Dana	Strengthening Dana
Dana	\$360 (\$90 / day)	\$600 (\$150 / day)	\$800 + (\$200 + / day)
+ Retreat cost	\$445	\$445	\$445
Total retreat	\$805	\$1045	\$1245 +

Booking for the retreat

- Early registration and full payment is encouraged as places are limited.
- If the retreat is fully booked upon registration, you will be notified, and your name will be placed on a waiting list. You will then be contacted if a place becomes available.

To secure your place on the retreat, you will need to pay a \$100 deposit by credit card on submission of your on-line registration form. The balance will be taken from your card on Monday 1st October. **Please make a note of this.**

If this causes difficulties for you then please contact the retreat manager using the email below and we can discuss other options.

Please arrange work and personal commitments in order to stay on the retreat grounds for the full duration of the retreat.

Further details about the retreat, such as what to bring, a map and exactly where to go when you arrive, will be sent with your booking confirmation.

If you have any questions please don't hesitate to get in touch.

Thank you.

With warm regards,

Kevin Englefield
Retreat Manager
tasmania@jesshuon.com