



BLOOM WOMEN'S RETREAT

Digging into the feminine streams in the Dharma

In tough times it's easy to contract in fear – in this we take refuge in the regenerative power of the Dharma and practice going against the grain. Opening our hands instead of clenching them - blooming wherever we might find ourselves.

3 Day Silent Meditation Retreat with Jess Huon
2nd – 5th October 2020

MORE INFO

SILENCE

Retreats are held in a supportive silence. Silence is very conducive to contemplative practice allowing for a focused intimacy with the workings of our own inner life. Silence can seep under our habitual ways of relating and give time for our regenerative processes to unfold.

PROGRAM

FRI OCT 2 PM 7:00	Opening talk - Manager
7:15	Opening talk - Jess
7:45	Movement practice
8:15	Meditation practice / silent sit
9:00	Close session
SAT OCT 3 AM 7:00	Movement practice
8:00	Silent sit
8:45	Breakfast
10:00	Guided meditation
11:00	Personal practice / questions / discussion
PM 1:00 – 2:00	LUNCH
2:00 – 3:15	Afternoon session – guided practice with instructions
5:00	Dharma Talk
6:00	Dinner
7:00 – 8:45	Silent Sit and evening program

SUN OCT 4	
AM	
7:00	Movement practice
8:00	Silent sit
8:45	Breakfast
10:00	Guided meditation
11:00	Personal practice / questions / discussion
PM	
1:00 – 2:00	LUNCH
2:00 – 3:15	Afternoon session – guided practice with instructions
5:00	Dharma Talk
6:00	Dinner
7:00 – 8:45	Silent Sit and evening program
MON OCT 5	
AM	
7:00	Movement practice
8:00	Silent sit
8:45	Breakfast
10:00	Guided meditation and reflective process
PM	
1:00 – 2:00	LUNCH
2:00 – 3:30	Closing process

CANCELLATIONS

For cancellations, fees apply as follows:

- The cancellation fee is \$50
- No refunds will be given for cancellations within 2 weeks of the start date

- There are no refunds or discounts for early departure from the retreat, or late commencement

In light of COVID-19, if you need to cancel due to health concerns, there will be no cancellation fees if we are notified at least 2 weeks before retreat start date. No refunds can be given within 2 weeks of the retreat start date.

FAMILIES

We are aware that some mums can't attend residential / multi-day retreats because they can't get away for a number of days at a time. We are pleased that more mums will join us for this online women's retreat and, if you can't be on full retreat, please participate in the key activities, and be with your family for some of the break periods, if needed. We do propose you take 'retreat' from household obligations as much as possible. However if compromising means you can attend most of the retreat, we are happy you are here and just ask you to attend as much as you can.

DĀNA

The base cost of the retreat covers IT, administration and staff costs.

DĀNA is the Pali word for 'generosity'. The Buddha, a social revolutionary, believed all people, regardless of financial status or social standing, were entitled to an experience of 'self' that is both profoundly relieving and enlivening. The teachings are felt to be of such great value that they cannot be bought: they are transmitted and received as gift. This ensures that people from different financial backgrounds are able to receive teachings.

In this spirit, Jess offers her teaching on this retreat as gift. Students are asked to give a DĀNA (donation/gift) to Jess at the end of the retreat 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.

Your generosity is deeply appreciated. The majority of Jess's income is on dana. Your support enables her to continue her work. There are also usually up to 3 sponsored seats with reduced costs on each retreat. Please don't hesitate to contact the booking manager to request a sponsored seat.

ENQUIRIES

For more enquires please contact

Kate Outhred

Booking Manager

femalepractice@jesshuon.com

Ph 0434 871 533