

Into Your Heart

3 Day Silent Meditation Retreat

Information Form

Dear Participant,

Welcome to the Into Your Heart 3 Day Silent Meditation Retreat. Included in this information pack is your retreat program, information sheet & registration forms.

Nestled in the quiet of the Yarra Valley you will experience 3 days of Yoga, Meditation, Art Play, Mantra Singing, Prayer Tie Meditation, Luscious seasonal vegetarian food, Inspiring Stories, Dharma talks, Twilight Meditation, Walking Meditation, Nature time & Massage all offered in the Sanctity of Silence.

Come and be held in a deeply sacred space where you will have the opportunity to reconnect with the quiet place that resides within your heart.

Dates:

Winter Retreat – July 23, 24, 25, 2010

Spring Retreat – October 15, 16, 17, 2010

Summer Retreat – December 17, 18, 19, 2010

& February 11, 12, 13, 2011

Autumn Retreat – Date to be announced

Retreat Location:

Maitrepa Contemplative Centre

528 Myers Creek Rd Healesville Victoria

Melways reference: map 270 C1 (roughly 1 & half hours from Melbourne city)

Cost:

\$330 per retreat includes accommodation and all meals

(Bowen massage cost \$40 per hour, requires pre-booking)

Places are limited for this retreat so book early.

Accommodation is in single or twin share rooms. You can allocate your preference. If you would like to share a room with your partner or friend please advise on your registration form. Accommodation is very basic & you will be required to bring your own linen, blankets & pillow. The rooms are heated for your comfort. You may want your hot water bottle for the winter retreat. Workshop halls & meditation halls are also heated for your comfort.

Starting & finishing times:

All retreats will open at 8am Friday morning, registration and settling in time will run from 8am - 10.30 am. Retreat program will start at 10.30 am. Silent program will begin after lunch on Friday. Silence will be maintained until the closing ceremony Sunday afternoon. Official program will end at 4.30pm Sunday followed by an informal afternoon tea. Home time is scheduled for 5.30pm Sunday.

Into Your Heart

3 Day Silent Meditation Retreat

Information Form

You will be held throughout the 3 days with honor, respect, clear directions & guidance. This retreat will be run in silence, although there will be listening sessions available with Prem throughout the day if you feel the need to talk about something that is coming up for you, one on one in private. The listening session sheets will be in the dining room, you simply allocate a time for yourself if needed. For logistical needs ie: extra blankets, pillows etc there will be a book available to write in in the dining room, which we will check throughout each day.

Please advise us very clearly about your dietary requirements in the registration form as it is important that you get the nutrition that you require.

Things to bring:

Linen, blankets or sleeping bag & pillow, hot water bottle (it is cold in the Yarra Valley so come prepared)
Yoga Mat
Meditation Cushion(s), stool or chair (whatever you need to be really comfy)
Shawl or blanket for meditation
Toiletries
Warm comfy clothing
Walking shoes for bush walks
Writing Journal
Slippers or ugg boots for inside time
Something sacred from your home to add to the alter we will create as a group in the opening ceremony (you will be taking this item home with you).
Anything else you feel you will need.

Things Not to Bring:

Drugs, alcohol or cigarettes
Pets - no animals please
Computers, laptops etc
Ipods
Children

Finally:

To secure your place at any one of the seasonal **Into Your Heart Retreats** please return your completed registration form and \$100 deposit (payable to Sacred Earth) to:

Into Your Heart Retreat

Prem Williams

PO Box 64

Yarra Junction Vic 3797

E-mail: prem@sacredearthmusic

For further information please phone or email Prem Williams (Sacred Earth Music Australia)

Ph: 03 59672268 or 0433008177

Blessings to you and thank you for your enquiry. We would love to see you at one or all of our retreats and we look forward to your response.

Love & Blessings to you

from Prem, Nathan & all the Into Your Heart Retreat team.

Into Your Heart 3 Day Silent Meditation Retreat Program



Time	Location	FRIDAY	Location	SATURDAY	Location	SUNDAY
5.30 am			Small Hall	Meditation	Small Hall	Meditation
6.00 am			Big Hall	Yoga	Big Hall	Yoga
7.30 am			Dining Room	Breakfast	Dining Room	Breakfast
8.00 am		Arrive, Register & Settle in		Breakfast		Breakfast
9.00 am		Arrive, Register & Settle in		Breakfast		Breakfast
9.30 am		Arrive, Register & Settle in	Small Hall	Story & Meditation		Story & Meditation
10.00 am		Arrive, Register & Settle in	Outside	Walking Nature Meditation		Walking Nature Meditation
10.30 am	Big Hall	Introduction		Walking Nature Meditation		Walking Nature Meditation
11.00 am		Introduction	Small Hall	Sitting Meditation		Meditation & Sculpture
11.30 am		Introduction		Break		Meditation & Sculpture
12.00 pm	Dining Room	Lunch	Dining Room	Lunch	Dining Room	Lunch
1.30 pm	Big Hall	Start Silent Program		Free Time		Free time
2.00 pm	Big Hall	Intention Meditation		Free Time		Free time
2.30 pm	Outside	Walking Meditation in Bush		Free Time	Big Hall	Mantra Singing
3.00 pm		Break - tea & fruit		Free Time - tea & fruit	Big Hall	Sitting Meditation
3.30 pm	Big Hall	Gentle stretch & relaxation	Big Hall	Gentle stretch & relaxation		Closing Ceremony & Metta
4.00 pm	Big Hall	Mantra Singing	Big Hall	Mantra Singing		Closing Ceremony & Metta
4.30 pm	Big Hall	Walking Meditation	Big Hall	Prayer Tie Meditation		Closing Ceremony & Metta
5.00 pm		Break - tea & fruit		Break - tea & fruit		Afternoon Tea
5.30 pm	Outside	Twilight Meditation	Outside	Twilight Meditation		Home Time
6.30 pm		Dinner	Dining Room	Dinner		
7.30 pm	Big Hall	Inspirational Session	Big Hall	Inspirational Session		

Into Your Heart

3 Day Silent Meditation Retreat

Registration Form

Name: _____

Residential Address: _____

Postal Address: _____

Email: _____

Would you like to receive our monthly newsletter via email ? Yes ___ No ___ Already ___

Phone #: _____ Mobile: _____

Emergency contact:

Name _____ Phone: _____

DOB D ___ M ___ Y ___

Male ___ Female ___

Please indicate which retreat you are booking in for. Date: _____

1. Accommodation: Single _____ Twin Share _____ If you have a specific person you wish to share your room with please indicate their name _____

2. Yoga experience: Never before ___ Beginner ___ Intermediate ___ Advanced ___

3. Meditation practice: daily ___ weekly ___ monthly ___ a few times ___ never before ___

4. Would you like to book in for a Bowen Massage during your retreat. Cost \$40 per hour.

Yes ___ No ___

4. Are you experiencing any of the following?

Any allergic condition* (including food allergy), Epilepsy, fits or blackout. Skin condition. Pregnancy.

High blood pressure. A disability or chronic illness, mental disorder, diabetes, heart problems etc.

Asthma (include asthma plan)*. A current illness eg. flu or anything not mentioned

If yes to one or more, please give details (attach sheet if required)

Into Your Heart

3 Day Silent Meditation Retreat

Registration Form

5. Please identify any special needs or requirements (eg. dietary, gluten free, vegan, disability, wheelchair access required etc.)

6. Please identify any current recreational drug use: ie, type & quantity. Please note this retreat is strictly drug, alcohol & smoke free.

7. If there is anything else in your heart you wish to share with us please do so here:

Send Registration Form/s & \$100 deposit (money order/ cheque payable to Sacred Earth)

Sacred Earth

PO Box 64

Yarra Junction Vic 3797

E-mail: prem@sacredearthmusic.com

To send deposit via internet please use these details

Bendigo Bank

Sacred Earth Music

BSB: 633 000

Acc: 131199945

Reference: IYH2010 and your name

Please email or post me a copy of internet deposit receipt.