



# *Southern Insight*

Newsletter of Southern Insight Meditation, Christchurch, New Zealand

Newsletter 57

April 2017

## UPCOMING EVENTS 2017/2018

All retreats are suitable for both new and experienced meditators, and are accessible to people of any or no religious affiliation. The cost of each retreat covers all food and accommodation. Teachers receive donations.

**Deepening the Well for Change**      **Mondays 7 - 9 pm May 8<sup>th</sup> – 29<sup>th</sup>**      **Addington Haven CHCH**  
**Course on mindfulness in action with Di Robertson**      Cost: Sliding scale \$80 (subsidised places available)\*

How can the practice of mindfulness and Insight help us face difficulties and take action in the world? Di Robertson will lead a four week course focussing on developing a skilful and authentic response to one of the biggest challenges of our time – climate change. Di will provide resources and teachings, lead guided meditations and facilitate discussions and inquiries. More information inside newsletter.

Register by email [southern.insight.meditation@gmail.com](mailto:southern.insight.meditation@gmail.com)

**Mindfulness & Meditation course with Di Robertson Winter (dates TBC) Venue & Cost(TBC)**

This winter Di Robertson will again offer instruction on Insight meditation and mindfulness. The course is suitable for beginners or those wanting a refresher. More information will be available closer to the time. To register interest email Di at [diana.r@xtra.co.nz](mailto:diana.r@xtra.co.nz)

**Half-day non-residential retreats:**      **Winter Treats!**      **Mary Potter Centre CHCH**  
*Sunday June 11 – Julie Downard; 12.30 – 5.00pm*  
*Sunday August 13 – Di Robertson 12.30 – 5.00pm*      Cost \$20

Julie Downard and Di Robertson will run more of these popular half-day retreats: a chance to take a break in the midst of business and to connect with what the practice of meditation can really bring to our lives. Go to our website, or register for local update e-mails to find out more. <http://Southern-insight.org.nz>

**Spring Retreat**      **Friday6 (evening) - Friday 13(morning) October**      **Staveley Camp**  
**with Jeremy Logan & Di Robertson**      Cost \$295(150)\*  
weekend option (limited places) Cost \$130(65)\*

We are very lucky to welcome back a much appreciated teacher combination - Jeremy Logan and Di Robertson. They are both warm and grounded teachers with a great capacity to help us find the wisdom to work in daily life. This will be a great experience for beginners and experienced practitioners alike.

**Registration** can be by e-mail or post. See the back of this newsletter for more information, or download a registration form from our website: <http://southern-insight.org.nz>

**Costs:** Retreats and courses are set to be as affordable as possible. \*A sliding scale or subsidised rates for those on a limited income is available. See also "top up" fund information in this newsletter. Please enquire.

***Southern Insight Meditation** is a non-profit, non-sectarian group run by volunteers with the aim of making available the teachings and practice of Insight (Vipassana) Meditation through retreats, courses and talks. <http://southern-insight.org.nz>*

## Future retreat events:

In 2018/19 we will be very lucky to welcome a wonderful mix of local and international teachers to run retreats with Southern Insight. .

In **February 2018** Yanai Postelnik will be offering a summer retreat. Having grown up in New Zealand Yanai now teaches predominantly overseas and is based at Gaia House in the UK. Through his regular visits home we have been lucky over the years to have him teach with us bringing the opportunity for a profound depth of practice (2<sup>nd</sup> -9 or 11 Feb 2018)

In **March 2018** we will once again welcome Sharda Rogell for a one day retreat. Sharda is based in San Francisco but teaches throughout the world and is a frequent visitor to New Zealand. Sharda has great skill and insight and packs an enormous amount into this one day event so it is something very special.

In **Spring 2018** we also welcome back our much loved teacher Subhana Barzarghi who will be running a week long retreat in late September with Julie Downard (Sept 28<sup>th</sup> – October 5<sup>th</sup>)

In **January 2019** we will be holding a Dharma Gathering with its unique format of workshops and formal practice. Jeremy Logan, who has been a wonderful and wise guide to many Southern Insight folk over many years, and Subhana Barzarghi will be two of the leading teachers for this event. Look out on our website and in our newsletters for more information.

**Southern Insight Meditation** is a non-profit, non-sectarian group run by volunteers with the aim of making available the teachings and practice of Insight (Vipassana) Meditation through retreats, courses and talks. We are also a charitable trust and donations are tax exempt. Our website is <http://southern-insight.org.nz>

**Enquiries:**

[Southern.Insight.Meditation@gmail.com](mailto:Southern.Insight.Meditation@gmail.com)

Greetings ...

We were lucky to have a day retreat with Sharda Rogell once again this March. This was a rich and sweet day. A chance to work on the mental muscle, and courage to live our lives – not just to endure them but to find real joy in the midst of all the difficulties. Sharda like so many of our teachers has been with us for a long time. Regularly visiting the growing community of people who walk the path of Insight here in Aotearoa. We are always grateful but sometimes it is worth stopping and really thinking about this amazing act of generosity from these teachers. Year after year they make time in their lives for us – in fact that IS what their lives are about! And always their teaching brings something fresh as the teachers themselves evolve their view and wisdom and we too change. Sharda described it as a spiral path – we get to revisit old places along the way but always with some new way of looking upon them. .

The courses, sitting group activities, half day events and full retreats that we are able to offer through Southern Insight are all filled with opportunities to help support us on this path. To borrow imagery once offered by our webmaster Lindsay – these are like tea houses to refresh ourselves along the way. It's a great metaphor because like tea houses there is a chance to find a community of likeminded travellers and share in great food!

There is more about all these events in this newsletter and so much is happening it is an extra-large edition. In particular look out for the new schedule and structure for the Wednesday Evening Sitting Group and for more information about the mindfulness in action four week course "Deepening the Well for Change"

Enjoy Meg ☺

## About the teachers



**Jeremy Logan** has studied and practiced insight meditation since the 1980s and has been teaching retreats throughout New Zealand since 1993. He lives in the Wairarapa and works as a counsellor, supervisor and facilitator of change programmes.



**Subhana Barzaghi** has been dedicated to a meditative and engaged spiritual life of inquiry since first encountering Buddhism in India in 1974.

Subhana was invited to

teach in the Insight Tradition in early 1990's and is also a Zen Roshi. She has taught numerous silent retreats and Dharma gatherings. Subhana is a guiding teacher for the Insight meditation teachers' community in Australia and New Zealand, Kuan Yin Meditation Centre, Blue Gum Sangha, Southern Insight NZ, and Melbourne Insight Group.



**Yanai Postelnik** has been involved in spiritual practice and exploration for much of his adult life. Born in Switzerland, of mixed European and Asian parentage, he grew up in New

Zealand. Yanai encountered the teachings of the Buddha and the practice of Insight Meditation while in Asia and began teaching at Gaia House, in the UK in 1992. Yanai currently leads retreats in New Zealand, Sweden, Finland, Israel, the USA, and the UK. He draws upon wisdom from the breadth of the Buddha's teaching, loves to spend time in the wilderness when he can, and includes the transformative power of nature as one of his most important teachers, regularly leading retreats in the natural world. Yanai is a member of the Gaia House Teacher Council, and a Core Faculty member of Insight Meditation Society in Massachusetts.

**Sharda Rogell** has been practicing and teaching meditation for over 35 years and teaches in the U.S, Canada, Iceland and New Zealand. Sharda has devoted her life to guiding people along their spiritual path. Insight and mindfulness (vipassana) meditations and contemplative inquiry are the foundations of her practice for cultivating embodied presence and an awakening heart. She is a teacher at Spirit Rock Meditation Center in Woodacre, California as well as other centers worldwide.



**Di Robertson** has over 20 years' experience in insight meditation, with intensive retreats and daily life practice in England and New Zealand. She has taught beginners' courses since 2000, has

led a number of short retreats and co-taught longer retreats with senior teachers. She lives in Christchurch and is a co-founder and trustee of Southern Insight Meditation.

**Julie Downard** has been practising meditation since 1991 when she was living in England. Over the past twenty-three years she has done intensive practice with teachers in both the Insight and Zen traditions in India,

England and California. Julie has been teaching on retreats and Dharma Gatherings for the past seven years. She lives in Christchurch, and is a co-founder and trustee of Southern Insight Meditation.



**A note on Dana:** you may notice that most of our retreats mention the word "dana". The registration costs do not cover any payment to teachers for their teaching. They will receive only what you offer as dana. Dana is a gift by each person in the spirit of generosity to reciprocate the teachers' sharing of their depth of knowledge and expertise. The amount given is up to the giver. (Isn't that awesome?)

## Wednesday Evenings – Sitting Group

### Things are happening!

Southern Insight people have met for a Wednesday night sitting group since 1998 – crikey! This year we are introducing more defined topics to the weekly sits, bringing together some of the width and depth of SIM experience.

Regular sitting with a group provides motivation for and deepens our practice. Through sharing our questions about practice, our experiences, wisdom and explorations we also build a wonderful sense of community and belonging. We hope this programme continues to support you in your mindfulness, formal and engaged practices and awakening of heart and mind.

All Wednesday evenings are open to all who want to practice meditation / mindfulness in the insight tradition. The Wednesday nights for 2017 are:

Week of Month	Programme	Facilitator	Venue	Time
1 <sup>st</sup>	Awakening Joy	Julie	Ferndale	7:30-9:15
2 <sup>nd</sup>	Mindfulness and movement	Dermot / Di	Zendo	7:30-9:15
3 <sup>rd</sup>	Topic announced monthly	Rotates – announce d monthly	Ferndale	7:30-9:15
4 <sup>th</sup>	Teachings for daily life	Di	Zendo	7:30-9:15
5 <sup>th</sup> (if there is one)	No topic – community practice night and discussion	Dermot / Di	Zendo	7:30-9:15

We continue to make Wednesday nights available freely. We do ask for a donation / koha to contribute to room hire (suggested \$3) and any dana (koha) for the facilitator. Any questions about the Wednesday night topics or schedule, please contact

[southern.insight.meditation@gmail.com](mailto:southern.insight.meditation@gmail.com)

Ferndale School 104 Merivale Lane, staffroom  
Opawa Zendo 4 Kennedy Place, (off Opawa Rd)

All welcome!

## A bit more about the weekly events

### First Wednesday of the month:

#### *Awakening Joy – Julie Downard*

Awakening Joy is a course specifically designed to increase our joy and support our wellbeing. It was co-created by James Baraz, an insight teacher in California, and has been running for 14 years.

<https://www.awakeningjoy.info/>

For the last 3 years SIM has offered a local group for people doing this very rewarding and uplifting course. Julie Downard is offering the course locally again this year with two main differences:

- We meet on the first Wednesday of the month
- These evenings are open to all. So the first Wednesday of the month will include: people signed up for access to the online material, those not signed up this year who have done the course in a previous year/s; and those completely new to this material, are not signed up and who just want to come along and hear and explore the topic on any first Wednesday.

Each monthly theme inclines the mind towards a specific wholesome state, bringing awareness to the gladness that accompanies it.

1. Intention (March)
2. Mindfulness (April)
3. Gratitude (May)
4. Joy in Difficult Times (June)
5. Integrity (July)
6. The Joy of Letting Go
7. Loving Ourselves
8. Connection with Others
9. Compassion
10. The Joy of Being

Each evening will include a sit (maybe 20 minutes), a check in, some background to the topic and some exercises / sharing etc.

Any queries please contact Julie at

[southern.insight.meditation@gmail.com](mailto:southern.insight.meditation@gmail.com)



## **Second Wednesday of the month:**

### ***Mindfulness and Movement – Dermot Sallis***

Mindful movement offers the body deep relaxation, supporting the mind to settle and deepening our awareness. Dermot brings a depth of experience and training that flows through in his teaching of movement with mindfulness.

Each evening Dermot will teach and lead some gentle mindful movement, followed by a sit and discussion. There is a short piece about Mindfulness & Movement later in the Newsletter.

## **Third Wednesday of the month:**

### ***Practice in Daily Life - various***

The third Wednesdays will continue to be facilitated by a long term practitioner in SIM. The topics and facilitator will be announced monthly. The evenings will include a sit, introduction of a topic and some facilitated discussions and explorations.

## **Fourth Wednesday of the month**

### ***Teachings for Daily Life – Di Robertson***

Di will continue to lead the fourth Wednesdays. Each month's topic will be a different aspect of the teachings from this tradition. We'll explore how the wisdom and compassion has and can inform our formal and engaged practice.

The topic will be announced monthly. In some months we'll deepen the exploration of the Awakening Joy topic of the month. Each week Di will lead a guided sit, provide a summary and reflections on a topic and facilitate explorations and discussions.

## **Fifth Wednesday of the month:**

### ***Community Practice Night***

When a month has a 5<sup>th</sup> Wednesday (March, May, August and November 2017) we'll continue to facilitate meditation practice and discussion of topics raised by the group on the night. This is great chance to continue to share our wonderings and wisdom, compassion and insights.

## **Mindfulness and Movement.**



A quiet and focused mind is rarely achieved without physical relaxation. A reliable and rapid way of quieting the mind is to bring attention to the body and to notice where in the body we are not at ease. Often that is all that's required. Noticing a region that is not relaxed and at ease with compassionate awareness changes the state of the region towards openness and release. It may take some time with quite a lot of discomfort before change is noticed. Is there another approach?

Slow and gentle movement that extends large muscle groups without effort can lead to a softening of the body in unexpected ways. We may not be aware of tension in some regions. It has become so habitual that it feels normal. We often pay little attention to some areas e.g. our feet. Tension in one area that we notice will often be linked to holding in another region that we are not aware of. This is why massaging our feet can have the effect of softening and relaxing the whole body.

Because it feels normal to carry tension in some areas we put up with the status quo and resist doing anything about it for a long time, and only seek release when we attempt something like meditation where it becomes obvious that there is a lot of stubborn mental agitation that will not free until we learn to allow physical relaxation deep in our body's core.

Core relaxation can be difficult to achieve directly, but certain movements done slowly and mindfully can rapidly lead to deep relaxation in surprising ways. Attending to some areas of our body that seem a long way from problem areas can lead to profound changes in regions of the

body that have resisted easing and softening for a long time.

Careful inquiry and experiment by many people have led to various sets of movements which appear to be trivial, but can have deep and lasting effects on posture, chronic tension, and state of mind.

*Dermot*

## Deepening the Well for Change

Many of us want the world to be different in some way; not just for ourselves but to improve the lot of others; other people, other beings, — the earth itself. If, at the same time we are interested in walking a path of acceptance and equanimity this can sometimes seem at odds with this ambition. Wanting things to be other than they are can lead us to struggle with anger, frustration and despair. We can wonder— is opening to the suffering of others going to chase away the happiness and joy we are carefully cultivating?

This really is a question for our time, as more and more Buddhist and mindfulness groups in many different countries ask themselves what actions they can take to address the problems in their communities.

In May this year Di Robertson will lead a four week course focussing on developing a skilful and authentic response to one of the biggest challenges of our time – climate change. This course will explore how to hold our fears and open to suffering that can seem so large in scale as to be overwhelming; and it will look at how to choose a personal and meaningful path to create positive change.

There will be practical ideas, shared teachings and resources as well discussion and reflections and guided meditation.

Topics covered will include:

- Climate change basics – what does the science tell us about what is happening in NZ & elsewhere and how are global and local communities responding.

## Deepening the Well for Change



### Course on mindfulness in action With Di Robertson

**Mondays 8– 29 May  
7 - 9 pm**

**Venue:** Addington Haven (corner Church Square and Grove Road, Addington) Christchurch

**Cost** \$80 (sliding scale - & subsidised places available – please ask)

The focus of this course is about climate change but it could be about any environmental or social challenge that leads to profound and shared suffering. How can we make a difference? How can we hold our anger and despair – not ignore it, not be overwhelmed or reactive but respond with compassion and wisdom.

Register by email

[southern.insight.meditation@gmail.com](mailto:southern.insight.meditation@gmail.com)

- How to resource ourselves to engage with the challenges and opportunities
- What do we most connect with or are most affected by – where is the heart break?
- What are the hindrances to taking action and how to free ourselves from these?
- How can we use our strengths to create a response that is true to ourselves?

Di calls on her experience as both an ecologist, and dharma teacher. Over the past four years Di has also facilitated multiple Awakening Joy and Ecosattva / engaged practice sessions.

No specific knowledge of climate change or meditation required, just an interest in how to cultivate a wise and compassionate response to the challenges we face.

Taking action and finding, much to her surprise that it was more than a little bit enjoyable.

I am a bus-aholic. It has been three days since I caught my last bus and I am really missing it. I didn't used to be – it came on me when I started up with the Climate Change group. I haven't been to many of the meetings of this group but their cheerful enthusiasm had quite an impact. When I started thinking about this issue I had a lot of resistance. I was worried about the "Shoulds" it might bring into my life. I'm already a vegan and practicing Buddhist. I grow and plant trees for our local reserve, I grow my own veges and buy local whenever I can. Isn't this enough already? Still wondering this I took a small step and pledged that one journey a week that I normally took by car would be by bus. I loved it. Walking to the bus stop and greeting my neighbours; looking into the sweet gardens of the houses along the way; witnessing the small acts of kindness between strangers; sharing for a while the lives of all sorts of people and knowing my home town in a completely different way. I also love being able to share my enthusiasm with others and how caring about something like climate change can bring such good into my life.

Gradually I came to realise something. There isn't a list out there of worthy ways to live your life. If I tick off 6 out of 10 I don't get a gold star and I don't get to save the planet. Opening myself up to the fears that nothing I could do would ever be enough made me realise that all I really could do was take my life and use it to express all the values I most cared about – and this is a path not only of caring but of great happiness.

Meg

## Time to stand up

Buddhism is being challenged: what can we who call ourselves Buddhists offer from all our practice, in response to a world in crisis? And what value is all this meditation and mindfulness if we just sit by and let the world burn? If we just sit this out, our "equanimity" will become indifference, our focus on personal awakening will be revealed as self-absorption, and our seeking of peaceful, mindful moments will become wilful avoidance and denial. Instead, we now have to shift our focus to look at ourselves, our intentions, what our lives have been built on—personally, nationally, and globally—and to revisit Buddhism itself; how we've interpreted and embodied it. Is our Dharma practice helping us to be truly and authentically responsive to the times?

*Thanissara, Dharma teacher and climate change activist – from her new book "Time to Stand up"*



Not I, nor anyone else can travel that  
road for you.

You must travel it by yourself.

It is not far. It is within reach.

Perhaps you have been on it since you  
were born, and did not know.

Perhaps it is everywhere - on water  
and land.

*Walt Whitman "Leaves of Grass"*

## Something happened at the January

### Retreat.....



If you have been on retreat before you will know that something ALWAYS happens on retreat! Here are some wonderful reflections from a few participants on the January retreat led by Subhana Barzarghi & Julie

Downard

### From the Heart

My intention in coming on retreat was to tend to the garden of my soul. For some inner nourishment and to deepen my meditation experience.

What I found was a road map to **Awareness**. I had thought that meditation would directly lead to some sort of mystical revelation, to **Enlightenment**. It turns out that the path to awareness and enlightenment is more involved than that. Meditation is used to train the mind and from there you can become the observer of your thoughts. Even more exciting is that this means you are more than your body and/or your thoughts. This is just the start of an amazing journey using a road map, with places to visit along the way, to investigate the self and what lies hidden with increasing awareness. The truly remarkable thing is that this road map, called the Dharma or teachings of the Buddha, has been around for 2500 years! There has never been a time of more urgent need to embrace these teachings than now. The Dharma guides you along in increments that are easily digested building knowledge of body and mind and building up skills to see reality as it really is.

That's the theory as I understand it.

Now the practice begins, honing the tool of **mindful meditation** and starting the journey of discovery, of insights, that await in the Dharma. My intentions for this retreat have been realised

which has brought me great joy. My long term intention is to fully realise my Buddha nature. This seems now more possible to me and the path is so exciting.

I am enormously grateful to the teachers at the retreat for their illuminating and entertaining teachings and for their wise and compassionate guidance.

Thank you to my fellow retreatants for your compassion and support.

May the Dharma be with you always!

Warren

### Choiceless Awareness.

*The context for this piece of doggerel is meditation time in the hall, on a day when the Norwest wind was pouring huge gusts into the hall, causing the curtains to flap and billow.*

Choose back seat today for choiceless awareness.

Notice wild wind prowling, hunting hungrily, not satisfied with devouring snug silver tent in the night.

Listen. Listen to wild wind, and choose to accept its restless nature.

Return to choiceless awareness.

Wind whips curtain around body.

Slap!

Notice annoyance, and drop it.

Feeling smug, return to choiceless awareness.

Wind flaps and wraps curtain around shoulders. Choose to regard stiff cotton wrapping as the Divine Embrace.

Feeling smug, return to choiceless awareness.

Wind slaps face HARD!

WHACK!

Stung, chastened, and chastised, choose to accept message from messenger, "Are'nt you sick of yourself yet?!"

No longer smug, return to choiceless awareness.

Jocelyn



## I SIT

I sit,  
A silent, blurred dark hunched figure  
creeps in through the back door,  
He is pain.  
I take him in my arms and hold him.  
He is scared of me,  
I hold him.  
A tear falls on him,  
He leaves, walking upright, clear and light.  
I know he will be back  
I will welcome him.

I sit,  
Tiredness enters dragging her feet,  
She sits down on a cushion in the corner and  
sleeps.  
I gently lay a blanket over her,  
And watch her with kind eyes.

I sit,  
Joy skips in a side door, dizzily  
I calm her, she sits.  
All are equal.

I sit,  
Thoughts tentatively poke their heads around  
the door,  
I welcome them, they come in hoards,  
A long-straight procession,  
One turns to close the door  
The rest protecting me.  
I gently stop him, let them all enter  
Even if they fill the room from the floor to the  
ceiling  
They are all welcome.

Sometimes the room is full like this,

Sometimes empty of even "I".

*Melissa Greben (first retreat)*

"to live in this world  
you must be able  
to do three things  
to love what is mortal;  
to hold it

against your bones knowing  
your own life depends on it;  
and, when the time comes to let it go,  
to let it go"

*Mary Oliver, New and Selected Poems, Vol. 1*

## Mindful awareness and loving...can we pin that down?

In mindfulness awareness practice, I have noticed a need for a more appreciative and kindly attitude towards myself. There are many things about myself that I have felt cold towards, many things that I have tried to shut out or shut down, much about myself that I have deemed unworthy of love.

The word love, like many words, can be variously construed. Its most beautiful meaning is, (don't you agree), hard to define. But I will throw some attempts at the page.

Love is like smiling in all directions and being smiled at from every direction.

An infinitely caring force that goes as wide as thought can reach yet gives attention to the tiniest thing.

A mysterious expansive friendly heart-filled upwelling field of goodness.

An unwavering and warm good will.

(Do you think the authors of the Oxford dictionary will hire me?)

We've all, I hope, felt this kind of love. It is kind of like an ambush, a sudden rush of high goodness of feeling towards someone, with no desired outcome unless it is an increase in the net happiness within the world. I have been practicing staying with these feelings when they arise, and looking for them, and encouraging them to arise, and directing them towards and into and all over myself. Whenever I am loving myself, it easily spills out of me towards others.

Some of the things I have observed when love is strongly present are:

Here within love, rather than sweat and fret about how to be a good parent, I can repeatedly open to my feelings of love for them, and half the battle, at least, is won.

Love, as well as being rich and vibrant, is very calming; I feel less argumentative and bristly.

Within love I am a hundred times kinder to myself.

In love I am more easily moved to deep compassion, which my speech and behaviour naturally reflect.

Love doesn't exclude anger or ill-feeling (or anything else) but offers any ill-humour the spacious safety of a surrounding background atmosphere of vibrant tenderness.

Love seems to elicit a natural gratitude; the grumbling mind seems to quieten, leaving room for appreciation. (In reverse, a strong gratitude practice can break down existing barriers to love).

Love lets me see the good in me.

In love I am not in such a hurry - I am already where I want to be.

Love makes uncertainty seem friendly,

With love I find it easier to open to bits of myself which ordinarily I would meet with dislike, or would dislike to meet.

Love can make me feel so much tolerance and patience, towards others and towards myself.

Love lets me take a breath, lets me not be perfect, is just so supportive.

Within love, the range of situations I can be happy in widens very significantly.

In love, when fear and anxiety bite, it is much much easier to remain inquisitive.

In love, mindfulness awareness practice is surrounded by and infused with a wonderful glow, whatever so happens to ambush the mind

Guy

*Walk and touch peace every moment.*

*Walk and touch happiness every moment.*

*Each step brings a fresh breeze.*

*Each step makes a flower bloom.*

*Kiss the Earth with your feet.*

*Bring the Earth your love and happiness.*

*The Earth will be safe*

*when we feel safe in ourselves.*

*- Thich Nhat Hahn*

## Southern Insight Meditation Steering Group

If you have any questions about retreats or other events, or would like to get more involved, here are the contact details of the steering group, all of whom would be happy to talk with you:

Di	338 7070
Dermot	381 4617
Sarah	027 669 3824
Chrys	338 0313
Lois	3326106
Meg	328 8052
Rachel	382 2019

E-mail: [southern.insight.meditation@gmail.com](mailto:southern.insight.meditation@gmail.com)

Post: 16 Ward Street, Christchurch

Website: <http://southern-insight.org.nz>

E-mail is generally checked weekly. For a more immediate response, call one the steering group members listed above.

### Registration for retreats –

We offer two options for registering for our multiday retreats: e-mail and post. Instructions are below:

#### Email registration:

1. Visit [www.southern-insight.org.nz/](http://www.southern-insight.org.nz/) and download a pdf or Word file of the registration form.
2. Complete this form by hand or on your computer.
3. Send a scanned version or Word file via e-mail to: [Southern.Insight.Meditation@gmail.com](mailto:Southern.Insight.Meditation@gmail.com) with the words “Registration for XXX retreat” in the title.
4. **Please note on your form whether you are paying online or by cheque and how much you have paid.**  
Your \$50 deposit can be paid online (see instructions below) or by cheque posted to the address provided in the retreat information.
5. You will receive a response acknowledging receipt of your registration, along with more information about the retreat.

*To pay less than the full retreat cost, you must talk with a committee member before coming on retreat.*

#### Postal registration

1. Go to our website (<http://www.southern-insight.org.nz/>) and download a pdf of the Registration form. Alternatively, email Southern Insight and request a form by post.
2. Complete the registration form and post to the address shown for that retreat
3. **Note on your form whether you are paying online or by cheque and how much you have paid.**

Your \$50 deposit can be paid online (see instructions below) or by cheque posted with the registration form.

Please include your return address for correspondence (a stamp addressed envelope is appreciated).

#### Online payment instructions

Account for payment: Southern Insight Meditation...

Account Number: Kiwi bank 38-9017-0230890-04

Please note the following in your payment:

In the *Particulars* box, put the initials of the teacher followed by “rt” and the year (e.g. JLDR2016 for Jeremy Logan & Di Robertson retreat).

In the *Code* box, put how many people you are paying for (e.g. 1 person).

In the *Reference* box, put your name  
e.g. Particulars Code Reference SB RT 2015 2 people J Smith

**Please note on your registration form that you have paid your deposit online and say how much you have paid.**

#### Refunds of Deposits

The deposit for retreats is refundable up to the closing date of retreat registration, less a \$25.00 charge for administration costs. Deposits cannot be refunded after the retreat registration closing date except for compassionate reasons. That money will be put into the Top-Up Fund.

#### Top-Up Fund

The top-up fund is for those who are unable to afford the cost of a retreat. Southern Insight aims to make retreats as accessible as possible to all, and it is possible to pay less than the lower amount in the sliding scale for a retreat. We encourage people to make use of this fund, which, thanks to the generosity of others who attend our retreats, is currently in a healthy state.

If undelivered, please return to:  
13 Dacre Street  
Christchurch

