

***Southern Insight Meditation***  
***Spring Retreat 2017***  
***with Jeremy Logan & Di Robertson***

*Location:* Staveley Camp, Sawmill Road, Canterbury foothills, near Mt Sommers.

We are glad you can join us on this retreat. This provides you with some more information on when, what and where.

If for any reason you are unable to come, please let us know, ASAP. We need to have accurate numbers for catering and may have a waiting list of others who would like to take your place.

**Retreat start and finish**

The retreat begins on the evening of Friday 6th October. Could you please arrive in the afternoon between 4.30 and 5.30 pm. There will be a light meal at 6.30pm. The weekend retreat will finish on Sunday 8<sup>th</sup> October at 4.15pm (with the option to stay after this for the dhamma talk - currently scheduled to finish at 5.30pm). The full week retreat will finish on the **morning of Friday 13 October at 11.00am**

**Payment – retreat fees & dana**

If you have not already paid your full fee online please come prepared to pay the balance of your fee when you arrive at the retreat (cash or cheque – note there are no cash machines at Staveley).

**Dana:** you may notice that most of our retreats mention the word “dana”. The registration fees cover the cost of running the retreat and 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. Dana is invited at the end of the retreat and is given anonymously. Please bring cash or cheque as online payment cannot be easily processed.

**What to expect**

Accommodation at Staveley is in separate bunkrooms for men and women. If you are a ‘noisy sleeper’ please let us know at registration so that we can accommodate you suitably. There is also opportunity to camp if you wish.

Each day begins early in the morning and the schedule includes sitting and walking meditation, group interviews, meditation instructions and an evening talk. There will be opportunities to meet with the teacher individually as well.

Staveley has a very variable mountain climate – and can be both hot and cold regardless of the season. Bring plenty of warm clothing and bedding.

## What to Bring:

camping equipment (if choosing to camp)  
a cushion/stool to sit on\*  
a meditation shawl or blanket  
dinner plate, bowl, cup and cutlery  
an umbrella or other rain gear  
personal toiletries  
a pillow and pillowcase  
a sheet mattress cover  
a sleeping bag or sheets and blankets

a towel  
loose clothing  
insect repellent  
sun block  
a torch  
hot water bottle  
both indoor + outdoor shoes  
earplugs

\*There are chairs available at the camp should you wish to use them. There will also be meditation cushions and stools provided if you do not have your own.

**Food:** If you have any special dietary requirements (including vegan) **that you have not yet told us** about, please do so immediately.

**Transport:** If you need help with transport please let us know at least a week before the retreat begins  
Email [southern.insight.meditation@gmail.com](mailto:southern.insight.meditation@gmail.com) or phone Sarah 027 6693824

**Directions:** From Staveley village (marked as "A" on the map below), travel northeast on the main road approx. 700 metres and take the first left up **Sawmill Rd**. The centre is at the far end of this road, see map below and on Southern Insight Meditation website

**Smoking:** If you normally smoke, the retreat is an opportunity to abstain. If you think you may not be able to do this please phone beforehand (Sarah 027 6693824).

**Cancellations:** A full refund of the deposit will be given if cancellations are received before the retreat closing date. After the closing date, the deposit will not be refunded.

**Emergencies:** There is cell phone coverage at Staveley camp. While we ask you to turn off your phone on retreat we will provide you with a cell phone number that people can text in case of emergency.

