



DEEP REST MEDITATION RETREAT - JANUARY 2018

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Practical Information

CAMP EUREKA

YARRA JUNCTION, VICTORIA

JANUARY 5TH TO 13TH 2019

www.thedharmapath.com.au



Freeing the Awakened Heart



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DANA ~ Dana is a Pali word. Pali was the language used in the area of India at the time The Buddha lived. **Dana** means the practice of generosity, giving or offering. Dana is a completely different way of relating to what is offered. Rather than a commercial transaction, Dana expresses the love and appreciation for what has been received. The daily rate you pay for the retreat covers only basic bills, food, organisational costs and airfares. No teacher receives any kind of salary. The Dana boxes that are put out at the end of each retreat support The Teachers and the tradition itself. Dana is not tips, it is not a token gesture, it is the vital resource that allows these retreats and this tradition which has continued since the time of the Buddha to continue. Be as generous as you can.

There will be a Dana (donation) box put out at near the end of the retreat for you to offer your support to the teachers.

Please note that there is no bank or ATM at the retreat venue so please come prepared. There are ATM's in Yarra Junction.

Accommodation

Accommodation is in shared huts of 2-5 people or camping. There are no private rooms for this retreat. If you need your own private space then we suggest you bring your own tent, caravan or camper van.

All rooms use shared toilet and shower facilities.

Meals

Three tasty and nutritionally balanced vegetarian meals are provided each day and included in the cost.

This retreat is smoke and alcohol free. If you wish to smoke then we ask that you go to the entrance of the property.



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Cancellations

If for any reason you are unable to attend the retreat please inform us as early as possible, so that someone else may be able to participate.

Booking, cancellation & refund policy

All bookings include a non-refundable & non-transferable deposit of \$100.

Any refund will be paid via the card you used to book the retreat.

1. Cancellation 30 days or more before the retreat
 - Full refund minus non-refundable deposit of \$100.
2. Cancellation 29 to 14 days before the start of the retreat
 - %50 of retreat cost will be refunded
3. Cancellation of 14 days or less, no refund.

What to Bring

- **Loose and comfortable clothing**
 - Walking shoes,
 - Sunscreen and hat
 - A light jacket
 - Insect repellent
- **The Huts have beds with a comfortable mattress only. You must bring all your own bedding which includes**
 - Pillow for sleeping
 - Sheets. The venue asks that everyone uses bed sheets to protect the mattress. Your attention to respecting this is appreciated.
 - Blanket or doona or sleeping bag
 - We suggest bringing a mosquito net
- **If you are camping** you will need to bring all your camping gear as you normally would while camping.
- **Sitting cushions and mats for the meditation space.** The meditation space has a hard floor so you will probably want a sheet or something else to protect your cushions. Bring more than you need so you can be comfortable.



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- 2-3 blankets to create a soft space to roll around on for the Feldenkrais lessons
- Yoga Mat, yoga blankets or other props you may use
- Towel and toiletries
- Swimmers, the Little Yarra river runs through the rear of Camp Eureka
- Torch and extra batteries. You definitely need a torch!
- Water bottle
- Shawl or blanket for the meditation hall

What is provided

Camp Eureka is a simple camp ground so you will need to bring everything you need with you.

What is not provided

To be clear, **we will not provide sitting cushions or mats for this retreat.** You need to bring your own.

Giving of service

To keep the retreat costs down, we ask that everyone who comes to our retreats contributes approximately one hour of their time each day towards the running of the retreat. This may be anything from washing up, veggie chopping, cleaning or something else connected with running the retreat. We thank you in advance.

Need a Lift?

If you need a lift do contact us and we will endeavour to match you with someone coming from an area near you. Please note we can't and don't guarantee a lift to everyone who needs one. We do our best! There is a space on the booking form for this.

I can offer a lift?

Let us know if you can take extra people to the retreat.

Via public transport



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If we can't find you a lift, you could consider catching public transport to Yarra Junction. Buses to Yarra Junction leave from Lilydale train station. Once there call us and we'll organise someone to pick you up. If you are doing this please advise us a few days before. You'll also need to be patient and courteous with pick up times at Yarra Junction as opening day is often very busy.

For precise details on how to get to Yarra Junction using public transport, go to www.metlinkmelbourne.com.au

If you are flying in from interstate or overseas via Melbourne airport, you will need to take the Skybus to Southern Cross Railway Station. Country transport leaves from Southern Cross.

Contact during the retreat

Mobile phones: Please plan on finishing up your communications before you arrive so you can fully enjoy the retreat. It's just you and us and the silence. 😊

We ask that you stay on the retreat site for the duration of the retreat.

Emergency Contact

In case of emergency call 0412 018962.

We'll check that phone on a regular basis.

Bushfires

Camp Eureka is situated on the very edge of Yarra Junction, in a rural area so is relatively safe. We are not in a National Park or State Forest. Regardless, as a matter of normal safety at this time of year we will be monitoring the bushfire situation constantly.