



Theravada Buddhist Residential Retreat

ZEN RETREAT

With Subhana Barzaghi & Jeff Ward

DATES	Saturday December 2 nd to Saturday December 9 th
TIMES	Please arrive between 2pm and 3:30pm Saturday, for retreat start at 4pm. Depart at 12 or after lunch Saturday.
LOCATION	Brahma Kumaris Centre for Spiritual Learning, 150 MacArthur Dr, Wilton NSW 2571

The Brahma Kumaris Centre for Spiritual

Learning is a 12 acre property offering wonderful meditation facilities within an environment of gardens and native bushland, near Picton, south of Sydney. This centre is not a commercial retreat centre, it is a place of spiritual learning founded and supported by a community of spiritual practitioners and volunteers.



The Brahma Kumaris are happy to occasionally offer the use of their facilities to groups such as ours, as they do like to support such programs and retreats of this nature in the community. AABCAP is very grateful to the Brahma Kumari community at Wilton for making their beautiful retreat centre and property available to us for our AABCAP retreats.

Getting there

The Brahma Kumaris centre address is above. It is approx. 1 hour drive from Sydney CBD.

By Car: Take the M5 (Hume Highway) south, taking the Wollongong (88) exit. Continue for 6 km and turn left into Macarthur Drive (2nd turn to Wilton). Continue for 2km until you see a green sign on the corner of Lisa Rd.

By Train: you may wish to check online at www.cityrail.info, or call the TRANSPORT LINE on 131 500 for specific info on your travel route. From Sydney Central or Sydney airport, trains on the T2 line will go to Campbelltown where you change for a train to Picton on the Southern Highlands line. Picton railway station is about 20 minutes from the centre by car or taxi. Taxis from the railway station should be booked in advance with a taxi company: Premiere Cabs 13 10 17. We are unsure about the Uber situation from Picton station.

Rideshare: Some students may wish to offer a lift or arrange a ride share in a private car or taxi. For example, you may be able to give a lift from Sydney to other participants or share an Uber from the domestic airport or Taxi from Picton station at a particular time. The taxi from Picton station needs to be booked in advance (see above). We recommend having your travel details ready to discuss with fellow students at M3.

Retreat 3: is in the Zen Buddhist tradition and will consist of sitting and walking meditation, talks from the teachers, and experiential exercises. During the retreat you will be introduced to the main forms of meditation used in Zen practice – awareness of the breath, working with koans and silent illumination. Guided meditations, talks from the teachers and experiential exercises will expand on these approaches and how they relate to our clinical work. Each day there will be one-on-one interviews with the teachers to support and guide you in your practice during the retreat. By the end of the retreat, you will have an introductory knowledge of the Zen practice tradition and will have had an opportunity to begin to experience and think about how this might help in your therapeutic work and in your life more generally.

The retreat will be mainly conducted in 'noble silence', however, this will be relaxed during interactive exercises and discussions.



Noble Silence

After settling into your accommodation at the centre, we will begin the retreat at 4:00pm with a group circle and orientation session, followed by dinner together at 6pm. This is a time to reconnect with each other and enjoy conversations. Our session later that evening, after dinner, will start with a welcome orientation session and zazen meditation. After this session we will begin observing 'noble silence'. Noble silence supports the practice of meditation, contemplation and reflection, and is a standard practice for these kinds of retreats. On the morning of the last day the

observance of noble silence will be let-go, so over lunch people can once again talk and discuss freely with each other before heading home.

Five Buddhist Precepts: A retreat is usually undertaken with respect to the five precepts as ethical guidelines. These basic ethical observances establish a respectful and safe environment for all beings and a supportive atmosphere for meditative practice and cultivation of the heart.

Retreat Schedule: The daily retreat schedule will be posted at the retreat centre and the teacher will explain the schedule and flow of the retreat at the beginning. You will also find the schedule in the class space.

As part of our retreat schedule and practice, we will take turns to assist with the clean-up after our meal times, so we'll have a roster of light duties every other day, please be sure to sign up. This is a wonderful practice on meditation retreat which allows us to support each other in practical ways and also acknowledge and support the community who are kindly taking care of us while on retreat.

Respecting the Brahma Kumaris community

All those who live on the premises or are helping with the retreat are volunteers following a Brahma Kumaris spiritual lifestyle. Therefore, we are asked by the community to respect and observe some necessary guidelines for our residential retreat in their centre.

1. Food: all meals are vegetarian and prepared by BK volunteers practising spiritual principles. Most special dietary requirements can be catered for. (The opportunity to explain any *necessary* dietary requirements will be included when you receive a registration form from Sarah). At no time is non-vegetarian food to be brought onto the property.
2. The Retreat Centre is completely drug, tobacco and alcohol free.
3. As this is a spiritual centre, please respect the community and dress modestly, i.e. no shorts, sleeveless tops or revealing clothes.



Facilities

The retreat centre doesn't have meditation zafus or mats, but the meditation room has carpeted floors and provides chairs, meditation chairs on the floor, and various throw cushions. Please feel free to bring your own meditation zafus and zabuton if you wish for your own comfort. (Some meditation cushions will be provided).

There are no yoga mats at the centre so do bring your own if you wish to. You are welcome to use the meditation hall for your own yoga practice when not in use.

Our Retreat Leaders

Subhana Barzaghi is a Zen Buddhist Roshi and senior Insight Meditation teacher. She is a resident teacher and Spiritual Director of the Sydney Zen Centre. Subhana teaches regular intensive Zen and Insight Meditation retreats throughout Australia & New Zealand. She is a psychotherapist with over 30 years clinical experience, she has a Master's Degree in Applied Psychotherapy, is a graduate in Hakomi Integrative Psychotherapy, a Clinical Supervisor, and an AABCAP Trainer. She also leads a range of professional workshops, on: Death and Dying, Zen and the Arts retreats, and workshops on Awakening the Boundless Heart of Love, Compassion, Joy and Equanimity. Subhana is the Director of the Insight Meditation Institute which leads the 2 year Mindfulness & Compassion Teacher Training course and the 4 year Insight Dharma Teacher Training & Mentoring Program.

Jeff Ward has been involved in Buddhist practice for nearly 50 years and has practised in the Zen Buddhist tradition in both Japan and Australia. He is currently the teacher of the Black Mountain Zen Group in Canberra. Jeff is also a clinical psychologist and psychoanalytic psychotherapist and has a long history in clinical research, teaching and practice and he currently maintains a private practice in Canberra. Jeff has been on the faculty of AABCAP for the past 14 years and has an interest in the way Buddhist practice contributes to our formation as therapists.

What to bring

Students need to bring their **own sheets, pillow cases and towels** (this helps keep costs down at the retreat centre and supports the environment in many ways). All other bedding is provided. Please do not bring sleeping bags.

Please bring:

- Your own sheets, pillow case and towel
- Torch
- Alarm clock
- Your personal toiletries (including soap, shampoo, conditioner, sunscreen)
- Hat, insect repellent, water bottle
- An umbrella, or rain coat
- Walking shoes and /or perhaps some easy slip on/off shoes for going in and out of the shoe free meditation hall

Optional:

- Meditation Cushion/Stool
- Yoga Mat
- Zabuton
- Meditation Shawl
- Hot water bottle, (good for body when meditating for a long time)
- Earplugs
- If you bring any special food or beverages to satisfy your own needs. (please be aware of BK restrictions mentioned above). As we are in a bush setting, it is important to store it in a solid closed container so that it doesn't attract ants or vermin. Please be aware we may or may not have the ability to store food in the fridge.

For any questions or concerns, please Contact Sarah Lappin at PTCcoordinator@aabcap.org