

Mindfulness in Nature 2015 Retreat Schedule

This retreat takes place in a beautiful natural setting, away from the hustle and bustle of daily modern life. It is our intention to provide you with ancient teachings, stillness, meaningful activities, good food and right company which will assist you unfold into your natural alignment with wisdom and compassion. May you return home rested and with a renewed inspiration, wisdom and depth in your life that benefits yourself and others, near and far.

Friday 3rd April Good Friday Theme "The Deep Meaning of Death "

Prior to 4pm - Arrival and Registration

5.30pm Dinner

6.45pm Welcome to Country

7pm Introduction to Retreat by Khandro Thrinlay Chodon
Death to Outer Influences - Where Can that Bring Us?
Saying goodbye to the familiar is essential to spiritual practice both on a daily level and even more so on retreat. Rinpoche assists us to make this retreat a meaningful dive into the unknown.

Saturday 4th April Full Moon Theme "Exploring New Potential"

6am - 8.00am Silence
Morning Meditation Teaching and Practice -
How to Watch Your Mind and Listen for your Depth beyond Chatter
Master - Khandro Thrinlay Chodon

8am - 9am Breakfast

10am -12.30 Teaching session - *Interconnectedness and Becoming*
The Tibetan Buddhist view of interdependence is key to understanding how we become who we are. Only by understanding this can we consciously move toward freedom and joy. Rinpoche explains the 12 links and how karma can work for us or against us in this quest.
Master - Khandro Thrinlay Chodon

1pm - 2pm Lunch

2pm - 5pm Workshop session - Council of all Beings
The Council of All Beings is a communal ritual in which participants step aside from their human identity and speak on behalf of another life-form. A simple structure for spontaneous expression, it aims to heighten awareness of our interdependence in the living body of Earth, and strengthen our commitment to defend it. The ritual serves to help us acknowledge and give voice to the suffering of our world. It also serves, in equal measure, to help us experience the beauty and power of our interconnectedness with all life.

Facilitator - Shar Molloy is passionate about communication and practices that restore connection with each other, the Earth and the Source of Life. She is a practitioner of Open Heart Meditation, a teacher of Compassionate Communication (non-violent communication), and a facilitator of The Work that Reconnects (including Council of All Beings).

5.30pm Dinner

7.00pm Workshop - Exploring Sacred Sound
Ancient wisdom traditions have utilised sacred syllables, mantras, and songs as profound sacred chants that invite you to be in the present and listen with your heart. This workshop includes simple voice techniques and body movements to allow ourselves to come into being with fun and joy, opening in alignment with our true nature.

Facilitators - Maggy Agrey has led Sacred Song retreats and events for over 25 years throughout Australia. She is a composer and singer. Each event is an offering - the chants are explored anew and made alive by each group's experience. Cate Foley Bourke is a musician, composer and lover of sacred singing. She is inspired by the deep beauty of the natural world and the unique possibilities that occur when many voices become one. Hans Pfister is a musician who regularly accompanies sacred soundscapes.

Sunday 5th April

Easter Sunday

Theme - "Transformation"

6am - 8am Silence
Morning Meditation Teaching and Practice
Aligning and Creating the Space for Transformation
Master - Khandro Thrinlay Chodon

8am - 9am Breakfast

10am-12.30pm Teaching Session - *Becoming Who We Are in Essence*

The Vajrayana Buddhist path is one of transformation. It includes renunciation as a means. "We in fact include more and more till everything is us and we are everything." This is a quote from Khandro Rinpoche, who in this session will explain the deep method of Vajrayana.
Master - Khandro Thrinlay Chodon

1pm - 2pm Lunch

2pm - 5pm Workshop Session - Dances of Universal Peace
These group participatory dances are part of the timeless tradition of Sacred Dance. They are often done in nature and use simple music, lyrics, and movements to awaken the spiritual essence within ourselves. Participants join hands forming a circle with the dance leader and musicians are in the centre. Throughout the workshop, the leader teaches the group the words, melody, and movements for the next sacred dance and often provides some background history. The teaching is always done from a compassionate heart in a comfortable, quiet, and sacred setting.

Facilitator - Nicola Bush (Amina) has been a certified Dance Leader in the International Network of the Dances of Universal Peace for the past 18 years and has travelled widely, assimilating much from across the globe.

5.30pm Dinner

Monday 6th April

Theme - "Rebirth"

6am - 8am Silence
Morning Meditation and Teaching
The Life and View of a Spiritual Practitioner - The Journey Forward"
Master - Khandro Thrinlay Chodon

8am - 9am Breakfast

10am - 12pm Closing Fire Ceremony
A Vajrayana ceremony of thanksgiving - all blessings nurtured in our bodies and in the land accumulated during our retreat are spread in all directions and to all times. Please bring kataks (Tibetan white scarfs) and prayer flags!
Master - Khandro Thrinlay Chodon

12.30pm Lunch

1pm on Pack and Journey Homeward

