



## Tea Meditation Retreat

Many of us enjoy a cup of tea, but did you know that many monastic and lay Buddhists engage in Tea Meditation?

This retreat will introduce you to an ancient practice, where every step of the process is completed with mindfulness. This engrossing form of meditation is not only relaxing for the mind, but the Green Tea is also nourishing for the body.

This retreat also includes walking meditation, vegetarian lunch and refreshments...as well as your own tea to take home!

WHEN: **13 May 3 Jun 8 July 5 Aug 2 Sep 7 Oct 11 Nov**

TIME: 10AM ~ 2PM

COST: \$50 (Includes Vegetarian Lunch, Tea bags & Refreshments) \*Prices are GST inclusive

Venue: Nan Tien Temple (180 Berkeley Rd, Berkeley NSW)

Registration: Information Centre (3<sup>rd</sup> floor, left hand side)

Activities: **Tea Meditation**, Sitting Meditation, Walking Meditation, Calligraphy

Contact: **Nan Tien Temple**

**PO Box 1336**

**UNANDERRA NSW 2526**

**Ph: (02) 4272 0600**

**Fax: (02) 4272 0601**

**Email: [info@nantien.org.au](mailto:info@nantien.org.au)**

**Web: [www.nantien.org.au](http://www.nantien.org.au)**





# Tea Meditation Retreat Application Form

13 May

3 Jun

8 July

5 Aug

2 Sep

7 Oct

11 Nov

First Name: \_\_\_\_\_ Surname: \_\_\_\_\_

DOB: \_\_\_\_/\_\_\_\_/\_\_\_\_ Occupation: \_\_\_\_\_

Address: \_\_\_\_\_

Suburb: \_\_\_\_\_ State: \_\_\_\_\_ Postcode: \_\_\_\_\_

Mobile: \_\_\_\_\_ Email: \_\_\_\_\_

Health Conditions (including food allergies, mental health etc):  
\_\_\_\_\_

## Health Concerns

The activities included in this retreat will have proven benefits to your physical and mental health. However, if you have any health problems which may interfere with your comfort in these activities, please let us know. Also, if you have any food allergies, please inform us so we can arrange alternative meals to cater for your needs.

I take full responsibility and liability for my own health and safety, including any accidents, during the retreat. **Full payment is required with the Application Form lodgment. No refunds within 1 week of retreat.** No slip on shoes or thongs to be worn within the Temple grounds at any time. Socks and covered shoes are essential.

Signature: \_\_\_\_\_ Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

## Payment Options:

**IMPORTANT! Payment must be received with the application form lodgment; failure to forward payment will result in the loss of the booking. Refunds will incur a \$10 administration fee.**

Please tick:  Master Card     Visa     Cheque or Money Order (Payable to 'IBAA')     Cash

Card No: \_\_\_\_\_ Expiry Date \_\_\_\_\_

Name on Card \_\_\_\_\_ (please print clearly)

Amount \_\_\_\_\_ Signature of Cardholder \_\_\_\_\_

<b>Office Use Only:</b>	Fee Paid <input type="checkbox"/> Yes, Amount: \$ _____	Handled by: _____
	<input type="checkbox"/> No.	Date:    /    /