

# Supported Solitary Retreat 2018

## One Month Meditation Retreat

*with*

Subhana Barzaghi, Ellen Davison,  
Victor von der Heyde, Mal Huxter,  
Kirsten Kratz and Christine Thompson.



**30<sup>th</sup> July – 29<sup>th</sup> August 2018, or first or second half of the month**

Kallara Conference Centre, Strathbogie Ranges, Victoria

**We are pleased to offer, for the first time in Australia, this supported solitary retreat, providing a valuable opportunity for experienced mediators to engage in a longer period of intensive personal practice, in the company of others. This will be the only retreat of its kind in the country, and is offered to support the broader Australia-wide Insight Meditation community.**

This solitary retreat will be supported by on-site and remote teachers, who will offer participants two interviews, either face-to-face or by Skype, each week throughout the retreat.

Participants can set their own retreat schedule: there will be no formal retreat schedule, teachings or dharma 'talks', (apart from possibly two set sitting times in the day that participants can choose to come to or not) and the meal times. All participants need to have attended at least three week-long teacher-led silent meditation retreats previously.

A daily mindfulness work period will be part of each day's practice. Participants will be able to practice in

the meditation hall with others, or in their own rooms or surrounding forest. Participants can make time for exercise or yoga and study, including listening to whatever dharma talks they're interested in. Additionally, there will be a time set each day for a recorded dharma talk to be played in one of the meeting rooms. Anyone can attend this, and anyone can bring talks to be played. There will be a sheet to roster these talks over the retreat.

The retreat will be in silence. Each participant will have a single room and use shared bathrooms. Three nutritious, vegetarian meals will be provided each day.

### **Participants can attend as follows:**

#### **For the full month**

Monday 30th July – Wednesday, 29th August

#### **For the first 15 days**

Monday, 30th July – Tuesday, 14th August

#### **For the second 15 days**

Tuesday, 14th August – Wednesday, 29th August

In order to support the deepening of practice, and to preserve the silent retreat environment, we ask that arrivals or departures only happen on these dates.

# The Teachers

The listed teachers providing support are:

**Subhana Barzaghi, Ellen Davison, Victor von der Heyde, Mal Huxter  
Kirsten Kratz and Christine Thompson**

Of these, only Victor von der Heyde will be at the retreat and offering face-to-face interviews. Other teachers will be offering twice weekly interviews via Skype. Two laptops with Skype will be available for this purpose on the retreat. Participants will generally have the one teacher for the duration of the retreat. Subhana Barzaghi will only be taking people who have completed one or more retreats with her. Kirsten Kratz will only be available for the first half of the retreat. Since she lives in the UK, her interviews will take into account the different times zones. Mal Huxter will only be available for the second half of the retreat. Teachers will be allocated on a first requested basis with people doing the full month given priority.

Participants will also have the opportunity to arrange for interviews with a teacher other than one of the listed teachers. All the teachers in the Insight Network Teachers Group (on [www.dharma.org.au](http://www.dharma.org.au)) and all teachers listed on [www.dharmaseed.org](http://www.dharmaseed.org) are acceptable. For any teacher not in these groups, please check with the registrar before you make arrangements.

Teachers other than the listed teachers will need to contact the registrar to confirm their involvement.

**Subhana Barzaghi** is both a Zen Roshi and a teacher in the Insight Meditation tradition. She is a resident teacher of the Sydney Zen Centre and founding teacher of both the Bluegum Sangha in Sydney and the Kuan Yin Meditation Centre in Lismore. Subhana's teaching emphasizes liberation here and now through the practice of calm abiding and inquiry. She leads Zen and Insight Meditation retreats in the Northern Rivers, Sydney, Melbourne and in New Zealand.

**Ellen Davison** has practiced in both the Zen and Vipassana traditions for over 30 years with teachers in Japan, India, North America, Hawaii and Australia. Ellen is a Zen teacher in the Diamond Sangha Lineage and teaches both Zen and Insight/Vipassana retreats in Australia. She is a guiding teacher at the Kuan Yin Meditation Centre in Lismore, NSW, and at Bay Insight in Byron Bay. Ellen is a Psychologist and has worked primarily as a counselor in tertiary education.

**Victor von der Heyde** has been practising meditation for over thirty years. He studied with a wide range of dharma teachers in India, Nepal, the US, UK and Australia and has spent over two years in silent retreats. He has taken dharma teaching roles since the mid 1990s and has interests in engaged Buddhist practice and helping people understand the different types of meditation so that they're in a position to choose what works for them. Victor worked for many years as a counselor.

**Mal Huxter** began following the teachings of the Buddha in the mid 1970's and has mostly practised within the Theravada traditions. He ordained in Thailand and practised intensively as a monk for 2 years. After disrobing in 1979 he continued his commitment to meditation through daily practice, study with lay and ordained teachers and regular attendance at intensive retreats within the Mahasi tradition. He has also practised within Tibetan Mahayana and Japanese Zen traditions. Malcolm is a clinical psychologist and works in both public mental health and private practice. He has been sharing his understanding about the path of awakening in the form of individual psychotherapy, courses, retreats, and therapist supervision and workshops since 1991.

**Kirsten Kratz** has practised Buddhist meditation in Asia and the West since 1993. She started teaching in 2006. One of her particular passions is exploring how wisdom teachings can foster appropriate responses to the challenges of our time; she supports those on personal retreat in Gaia House, is co-initiator of the Dharma Action Network for Climate Engagement: DANCE and teaches retreats with SanghaSeva combining Dharma practice and Service.

**Christine Thompson** has had a love of the Buddha Dharma since the 1970's and has lived in a Dharma community in the UK with Christopher Titmuss and Christine Feldman. She has participated on long retreats in India and in the U.S. In recent years she has taught both in Bodh Gaya and Sarnath (India), and has been a visiting and retreat teacher for Melbourne Insight Meditation. Christine now lives and teaches in Canberra, and is also a prison chaplain.

## Registration and Payment information

### Retreat dates:

30th July – 29th August 2018

### Venue:

Kallara Conference Centre, 332 Boundary Road, Boho South, Strathbogie Ranges, Victoria.  
(Kallara has good internet reception but no mobile reception)

### Cost:

For the full month	\$1,980
For 15 days only	\$1,000

The cost covers: food, accommodation, administration and insurance for Melbourne Insight Meditation Group, and some of the on-site teacher and manager costs, but does not include any payment to teachers. A deposit of \$125 is required with the registration forms to secure a place.

**Full payment is needed by the 30th June 2018, one month before the retreat starts.**

### Dana:

In keeping with Insight Meditation and Theravada traditions, interviews are offered on a dana (generosity) basis. At the end of the retreat there'll be a box for dana and envelopes to write who the dana is intended for. Bank account details of the teachers will also be provided. Dana is a reciprocal offering of generosity to the teacher. The level of dana also has an influence on how often teachings are offered on a dana basis in the future.

### Getting there:

Kallara is about a two and a half hour drive from Melbourne, a seven and a half hour drive from Sydney, and a half hour drive from Euroa station, the closest train station. We will try to arrange lifts with people driving from Melbourne and from Sydney and we will make transport arrangements, which may cost extra, for people arriving in Euroa.

### Registration:

Please complete the registration forms, then scan and email them to **Robyn Gibson at [month-long@dharma.org.au](mailto:month-long@dharma.org.au)**. Then pay the deposit for the retreat and email Robyn to confirm the payment has been made.

**Account name:** Melbourne Insight Meditation Group

**BSB:** 033086

**Account Number:** 355486

Specify "So18" followed by your name in the reference field so we can identify your payment