

EXPLORING THE DEPTHS OF THE PSYCHE

A silent 6 day Retreat in The Great Perfection Tradition
Of Tibetan Buddhism

Led by B. Alan Wallace

Monday 23rd June 2008 – Sunday 29th June 2008

Each day of this silent retreat will consist of three sessions of guided meditation, lecture and any questions. Meditation and discussion time will take place in the evening session. All three sessions will be led by Alan.

There will also be a daily helping hour. This is a special time for participants of this retreat to offer their energy and skills: in the preparation of food, in the garden and any other task required.

In order to maintain the peace and tranquillity that you will experience at Lam Rim, we request that you observe the 5 precepts whilst at the Centre.

Timetable

From arrival on Monday afternoon there will be a period of relaxation when you will be able to socialise and spend time with Alan, prior to the start of the formal retreat on Tuesday afternoon.

The daily timetable for this silent retreat will be as follows:

6am	Arise (optional)
6.30 – 7.30	Morning Puja (optional) or personal practice
8.00 – 9.00	Breakfast
9.30 – 12.30	Session 1 Guided meditation, lecture and any questions
1.00 – 2.00	Lunch
2.00 – 2.30	Rest
2.30 – 4.30	Session 2 Guided meditation, lecture and any questions
4.45 – 5.45	Helping Hour
6.00 – 7.00	Supper
7.00 – 7.30	Personal practice
7.30 – 9.30	Session 3 Guided meditation, lecture and discussion time
9.30 – 10.00	Personal practice
10.00	Bedtime

Items to bring with you:

- a) Toiletries and towels.
- b) Suitable clothing and slippers (for indoors) -
Please bring warm clothing as it can become quite cool in the country;
Loose clothing is also recommended as you will be sitting for long periods.
(Please wear appropriate clothing at all times thereby not causing any
embarrassment to the Sangha.)
- c) Yoga Mat.
- d) A notebook.
- e) Gardening Shoes / Wellington Boots if possible.

Food

Vegetarian food is served at the Centre. If you are on a special diet, please bring your specialities with you and let us know in advance.

Mobile phones

Lam Rim Buddhist Centre request you switch off your mobile phone for the duration of the retreat.

Please give this telephone number - +44 (0)1600 780383 to your relatives and close friends in case on an emergency and we will relay any message.

Costs

This six day retreat will be open to only 22 participants

4 bedded room plus full board	£385 pp
Single and twin	£435 pp
Coach house apartments	£505 pp

Camping – There will be three camping/dormer van places at £325 pp

A non returnable deposit of £50 will secure a place on this retreat.

Full payment will be due by Friday 13th June

In addition you will be expected to make an individual offering to Alan, at the end of the retreat. Suggested donation £100.

Mindful silence should be maintained throughout the retreat.

Full commitment is expected for the duration of the retreat.

Finally, we endeavour to be of service to you and appreciate hearing any suggestions or concerns you may have. If you have any questions please do not hesitate to contact us.

Thank you.