



Fourth Monday of the Month One Day Silent Retreat for Experienced Practitioners

Date: 4th Monday of each month

Time: 9:15am to 3:00pm

Place: Bodhi Chan Meditation Centre, 223 Dennis Rd,
Springwood, QLD

An opportunity for group practice (no instruction). Any mode of silent meditation may be practiced. **Participants are welcome to come for the morning only (leaving at lunch time) or stay for the full day.** *Please see schedule on page 2 of this flyer.*

Guidelines: Silence observed, no electronic communications from 9:15 am to 3:00 pm. No drinks during sitting meditation. Bells will mark the beginning and ending of each sitting and walking period.

TO BRING:

- (1) Your sitting gear if you wish (chairs, cushions and kneeling benches will be available)
- (2) Your lunch
- (3) Donation (\$30 suggested)

For more information, contact

Arno 0429 600 308 (arno_diana@bigpond.com) or

Lynn 0421 513 733 (dhammastudent51@yahoo.com)

4th Monday Retreat Schedule

8:30 am (Optional) Explore the lovely grounds at Bodhi Chan

9:15 am Orientation, introductions, questions

9:30 am Practice begins with taking refuge & bell

9:30 – 10:10 Sit

10:10 – 10:30 Walk* (see below)

10:30 – 11:10 Sit

11:10 – 11:30 Walk

11:30 – 12:10 Sit

12:10 – 12:30 Walk

[People leaving at midday, please be sure to leave a donation for Bodhi Chan]

12:30 – 1:00 Lunch (BYO, silent – tea & coffee available)

1:00 – 1:40 Sit

1:40 – 2:00 Walk

2:00 – 2:40 Sit

2:40 – 3:00 Walk

3:00 Dedication of merit, donations offered

* Walking will be “independent path” until 2 minutes before the next sitting. A bell will call the group together each time.

About Dharma Brisbane

Dharma Brisbane welcomes everyone who has an interest in teachings and practices based on the Buddha's Eight-Fold Path, including Theravada, Zen, Vajrayana and other traditions. We aspire to include the wide range of diversity found in our society.

Our desire is to expand access to multi-sectarian Buddha Dharma teachings and practices in the Brisbane area.

www.dharmabrisbane.org (and dharmabrisbane.com.au)