

# MEDITATION

## A SILENT WEEKEND RETREAT

**FRIDAY NOVEMBER 29th to SUNDAY DECEMBER 1st 2019**



Presented by  
THE BRISBANE THEOSOPHICAL SOCIETY  
at  
THE THEOSOPHICAL EDUCATION AND RETREAT CENTRE  
SPRINGBROOK RD, SPRINGBROOK, QLD

Please join Barry Bowden and Phillipa Rooke in the lovely forest of the Gold Coast hinterland for a weekend of meditation.

Whether you are a beginner or a long-term practitioner, this retreat offers the opportunity to explore ways to connect with the stillness within.

Silence will be observed from bed time Friday evening until lunch time at 12.15 on Sunday except for discussion sessions.

You will have a private room, and all meals are vegetarian.

The cost is a total of \$190 for TS Members and \$220 for non-members.

*Specific enquiries about the meditation aspect of the weekend can be directed to the facilitator Barry Bowden on 0427 751 464.*

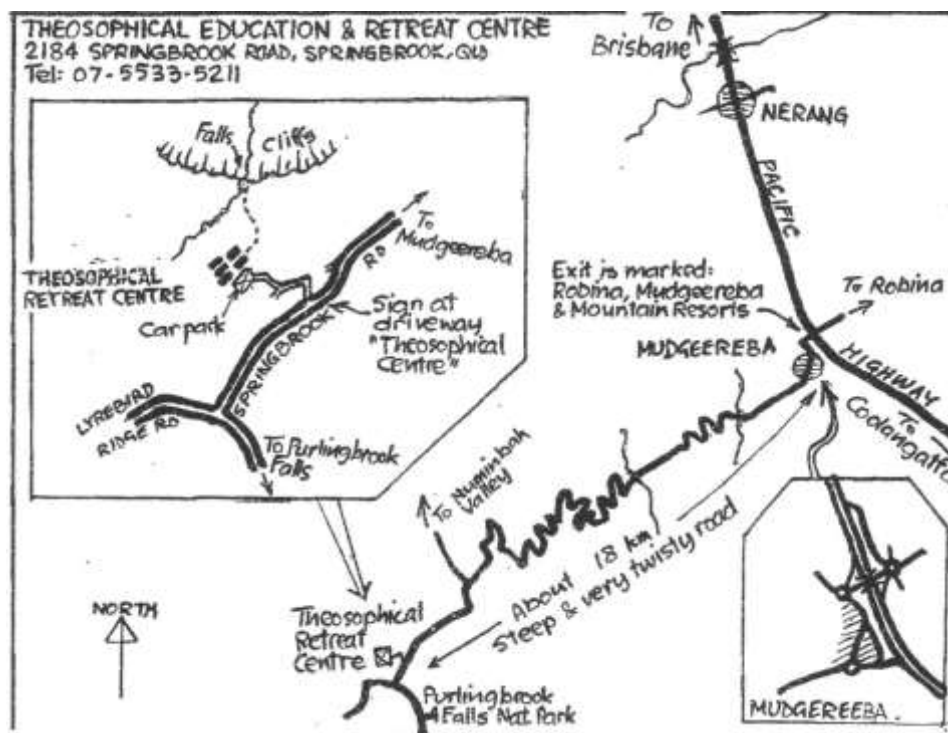
*All other enquiries should be directed to Phillipa on 0449 887 609  
or email [phillipa@powerup.com.au](mailto:phillipa@powerup.com.au).*

***What to bring:*** Please bring your own single-bed linen, towel, etc.

You may also wish to bring a meditation cushion and blanket.

A track suit (or similar), joggers, an umbrella, insect repellent and a torch could also be handy. The resort is an alcohol and smoke-free zone.

Immerse yourself in a weekend of meditation and nature.



### Registrations close 19 November 2019

To register, please pay the deposit or full fee when submitting your completed Registration Form.

Full payment must be received by no later than 22 November 2019.

The deposit is not refundable after 19 November 2019.

### Payment Options:

**Direct Deposit:** Account name 'Brisbane Theosophical Society', BSB 124030, Account 10010157, Reference 'Retreat [your surname]' & send payment receipt & Registration Form to [brisbanelodge@theosophyqld.org.au](mailto:brisbanelodge@theosophyqld.org.au).

**In Person:** Pay by cheque, cash or EFTPOS at 355 Wickham Terrace, Brisbane Qld 4000 during opening hours Monday, Tuesday, Thursday, Friday 10.30am to 2.30pm, or Wednesday 3.30pm to 7.25pm.

**Post:** Cheque made payable to 'The Brisbane Theosophical Society'. Please attach it to your completed Registration Form and send to The President, 355 Wickham Terrace, Brisbane Qld 4000.

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### Registration Form ~ Meditation Retreat November 2019

Name \_\_\_\_\_

Address \_\_\_\_\_ Postcode \_\_\_\_\_

Phone \_\_\_\_\_ Mobile \_\_\_\_\_ E-Mail \_\_\_\_\_

Emergency Contact Name \_\_\_\_\_ (Phone) \_\_\_\_\_

Special dietary needs (e.g. vegan, gluten-free) \_\_\_\_\_

Medical conditions we should be aware of \_\_\_\_\_

Do you need transport to Springbrook? Yes/No      Would you like to car share? Yes/No

If arriving Friday after 6pm, what time will you arrive and do you require dinner? \_\_\_\_\_ Yes/No

Please indicate the payment amount which applies to your registration.

TS Members: I have paid \$90 deposit or \$190 as payment in full.

Non-TS Members: I have paid \$90 deposit or \$220 as payment in full.

Signature \_\_\_\_\_ Date \_\_\_\_\_