

MEDITATION

A SILENT WEEKEND RETREAT

FRIDAY 20th MARCH to SUNDAY 22 MARCH 2020



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 12.15pm on Sunday.

Optional instruction sessions for new meditators will be held in the dining room outside the hours of the silent meditation sessions in the main hall.

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

The cost is a total of \$230 for TS Members and \$260 for non-members.

Specific enquiries about the meditation aspect of the weekend can be directed to the facilitator

Barry Bowden on 0427 751 464.

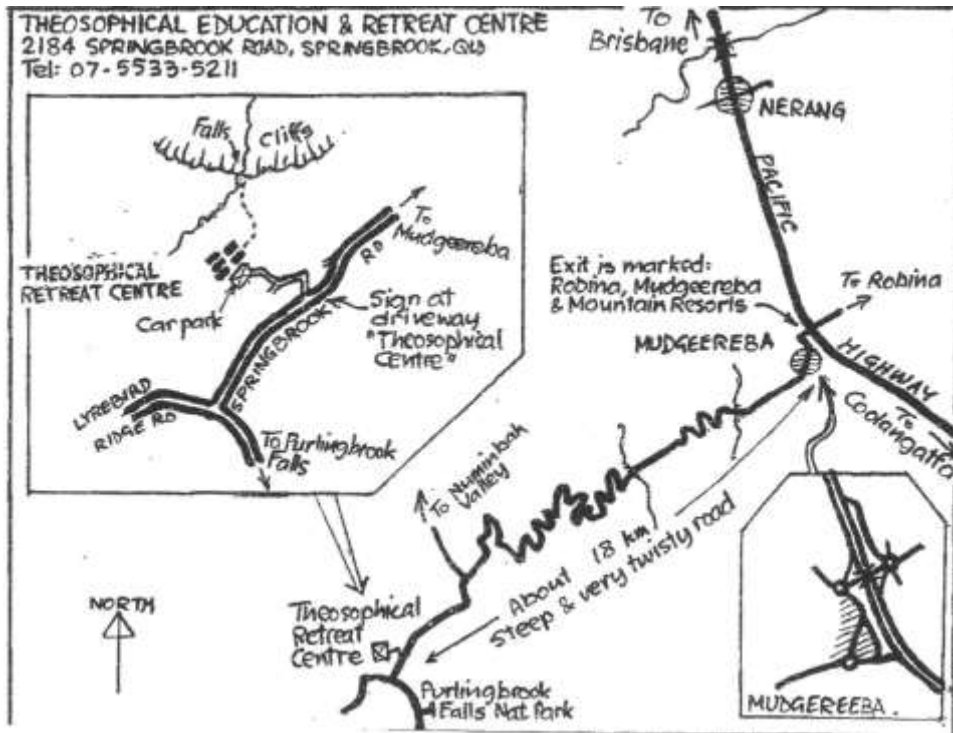
All other enquiries should be directed to Phillipa on 0449 887 609

or email phillipa@powerup.com.au.

What to bring: Please bring your own single-bed linen, towels, etc. You may also wish to bring a meditation cushion, warm blanket, warm clothing, sturdy walking shoes, umbrella/raincoat, insect repellent & torch.

The resort is an alcohol and smoke-free zone.

Immerse yourself in a weekend of meditation and nature.



Registrations close Tuesday 10th March 2020

To register, please pay the full fee or \$110 deposit when submitting your completed Registration Form.
 Full payment must be received by no later than 10 March 2020.
 The deposit of \$110 is not refundable after 10 March 2020.

Payment Options:

Direct Deposit: Account Name BTS, BSB 124030, a/c 10010157, Ref 'Retreat [your surname]'.
 Please send payment receipt & registration form to brisbanelodge@theosophyqld.org.au

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

In Person: By cheque, cash or EFTPOS at 355 Wickham Terrace, Brisbane during opening hours
 Mon, Tue, Thurs, Fri 10.30am to 2.30pm, or Wed 3.30pm to 7.25pm.

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Registration Form - Springbrook Meditation Retreat March 2020

Name _____ Phone _____

Mobile _____ E-Mail _____

Address _____ Postcode _____

Emergency Contact's Name _____ Phone _____

Special dietary needs (e.g. gluten/dairy free) _____

Medical conditions we should be aware of _____

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

Please circle the payment amount which applies to your registration.

TS Members: I have paid \$110 deposit or \$230 as payment in full.

Non-TS Members: I have paid \$110 deposit or \$260 as payment in full.

Signature _____ Date _____