



Fourth Wednesday of each Month – Day of Silent Retreat for Experienced Practitioners at Bodhi Chan Meditation Centre, Springwood

Date: 4th Wednesday of each month

Time: 9:15am to 3:00pm

This is an opportunity for silent group practice (no instruction). Any tradition or mode of silent meditation may be practiced. Because of the mutual uplift provided by sitting with other meditators, we begin each 45-minute sitting session together, bowing to each other, usually initiated by wooden clappers or a bell, or both. Please don't drink water or move around unnecessarily during the sitting sessions. During the 15-minute walking periods, any form of movement may be practiced, indoors or outdoors, while maintaining silence.

Participants are welcome to come for the morning only (leaving at lunch time) or stay for the full day.

Guidelines: Silence and no electronic communications observed from 9:15 am to 3:00 pm, including the lunch break.

TO BRING:

- (1) Your sitting gear if you wish (chairs, cushions and kneeling benches are available)
- (2) Your lunch
- (3) Voluntary donation for Bodhi Chan Meditation Centre

For more information, contact

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4th Wednesday Retreat Schedule

8:30 am [Optional] Explore the lovely grounds at Bodhi Chan

9:00 – [Optional] short personal interview regarding your practice
(by appointment)

9:15 – newcomers arrive for orientation

9:30 – 10:15 Sit

10:15 – 10:30 Walk/movement* (see below)

10:30 – 11:15 Sit

11:15 – 11:30 Walk

11:30 – 12:15 Sit

12:15 – 12:30 Walk

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

1:00 – 1:45 Sit

1:45 – 2:00 Walk

2:00 – 2:45 Sit

2:45 – 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)