



Befriending the Body

A Buddhist Experiential Retreat for Women

9 - 14 September 2016, Bowral

Join with a group of women to gently, mindfully and appreciatively enquire into the teachings of the body.

How has our conditioning and wounding estranged us from our bodies? How can meditation practices allow us to heal this loss of immediacy and joy? In what ways can the body become our own best teacher, our seat of wisdom? What blocks this knowing, and what might release and deepen it?

This retreat is suitable for beginners and experienced meditators.

Teachers: Lizzie Turnbull & Joyce Kornblatt

LIZZIE is a long-time Buddhist practitioner and Insight meditation teacher. She is a somatic psychotherapist and trainer with the Australian Association of Buddhist Counsellors and Psychotherapists.

Website: www.lizturnbull.com.au

JOYCE has also practiced Buddhist meditation for decades, is a writer and Hakomi-trained psychotherapist. She is the founding teacher of Cloud Refuge Sangha, Blackheath, in the Blue Mountains.

Website: www.joycekornblatt.net

**"You only have to let the
soft animal of your body
love what it loves."**

Mary Oliver

AABCAP



MEMBER

RETREAT:

We'll spend the retreat in silence, experiential practices and enquiry. Each woman will have her own room. Delicious vegetarian meals provided.

WHEN:

2pm on 9 September to
2pm on 14 September 2016

VENUE:

Hartzer Park Retreat Centre
25 Eridge Park Road
Bowral NSW

PAYMENT:

\$650.00 – basic

\$680.00 – benefactor rate
(for those who can
afford to subsidize
concessions)

CONTACT:

Lizzie Turnbull

retreats@lizturnbull.com.au

DANA: In keeping with the 2,500 year old tradition, the teachers are not paid for their dharma teaching. Dana is the practice of generosity through which we offer donations to the teachers as a sign of respect for the teachings. Retreatants will have the opportunity to practise dana during the retreat.

Befriending the Body Registration Form

PERSONAL CONTACT INFORMATION:

First name: _____ Surname: _____

Street Address: _____

Suburb: _____ State: _____ Postcode: _____

Phone (Day): _____ Mobile: _____

Phone (Evening): _____

Email address: (if you check your email at least once a week): _____

Emergency Contact (Name) _____

Phone: _____ Relationship: _____

SPECIAL REQUIREMENTS

All meals are vegetarian and we endeavour to provide gluten and dairy free food options for those who have special needs. However, if you have other allergies, we recommend you bring additional food to supplement your diet.

DIETARY REQUIREMENTS:

- No special food requirements
- I require dairy free food.
- I require gluten free food. Please note that there are no gluten free breakfast cereals provided; however you are welcome to bring your own.
- Other dietary requirements or medical conditions — please list:

RETREAT FEE

- This fee ensures accommodation in single bedrooms for five nights and vegetarian meals.
- Bed linen and towels are provided, but not soap, toothpaste or other personal toiletries.
- Registration is confirmed once your registration form and payment of \$650 or \$680 is received.
- All fees must be paid by 1 **September 2016**
- **Payments to be transferred to the following account:**
Bank: Family First Credit Union **BSB:** 802207 **Account:** 42307
Required Account Name: kornblatt-cloud refuge
Some banks may require a 6-digit account number, if so use: 042307.

Please ensure that you identify your payment with both your name and the event/retreat code (September9), for example 'CWatsonSeptember9'. Please email this form to **Lizzie Turnbull** at <retreats(at)lizturnbull.com.au> with payment advice when your payment has been transferred.

I require a receipt: Yes
 No

CANCELLATION FEE

A 15 % cancellation fee applies for any cancellations within the last 6 days unless your place can be filled by another retreatant.