



Embodying Self-Compassion

A Buddhist Experiential Retreat for Women

17 — 22 November 2017, 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?

Immersing mindfulness in the body allows for steadiness, tranquility and wellbeing. Such practices support our hearts to open with courage and self-compassion. We offer meditations in stillness, somatic and experiential practices, contemplative writing and enquiry.

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



RETREAT:

We'll spend the retreat in silence. Each woman will have her own room. Delicious vegetarian food provided.

WHEN:

17- 22 November 2017

VENUE:

Hartzer Park Retreat Centre
25 Eridge Park Road
Bowral NSW

PAYMENT:

\$725 Basic

\$755 Benefactor rate (for those who can afford to subsidize concessions)

Concessions will be available.

CONTACT:

Lizzie Turnbull

lizzie@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.

Embodying Self-Compassion **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.
- 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 \$725 or \$755 is received.
- All fees must be paid by **10 November 2017**
- **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 (October28), for example 'CWatsonNov17'. Please email this form to **Lizzie Turnbull** at < lizzie@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.