



DHARMA TRAINING PROGRAMME 2013

Deepening Our Practice

The fifth Dharma Training Programme run by the UK Community of Interbeing started in October 2011 and this note provides details of the retreats being provided in 2013. It is intended for anyone with some experience of the practice, as taught by Thich Nhat Hanh, who wishes to develop their understanding further and to share it with others. The programme will allow us to deepen our understanding of the Buddha's teachings, and the practice of mindfulness in the context of a series of retreats with a committed sangha. Because we practice for each other, and ourselves, the solid base we build together will give us the stability, joy and confidence to go out and share the fruits of this understanding with the wider community. Participants are expected to be members of the UK Community of Interbeing or to join at the time of registration (see booking form).

The remaining 'Deepening Our Practice' programme of retreats for 2013 will cover the follow themes:

- Impermanence
- Sustainable Living
- Interbeing

The retreats and programme will be co-ordinated by four of the UK Dharmacharyas - Martin Pitt, Murray Corke, Jane Coatesworth and Vari McLuskie, as well as the core community and other members of the UK Sangha. One or two of the Dharmacharyas will lead each retreat.

Booking for the following retreats are now open. Please use the booking form below to book your place.

1a Deepening Our Practice – Impermanence (led by Jane Coatesworth)

25th to 27th January 2013 - Crossways, Northants (Friday evening to Sunday pm)

1b Deepening Our Practice – Impermanence (led by Vari Mcluskie)

1st to 3rd February 2013– Micklepage, West Sussex (Friday evening to Sunday pm)

2a Deepening Our Practice – Sustainable Living (led by Murray Corke)

5th to 7th April 2013 - Crossways, Northants (Friday evening to Sunday pm)

2b Deepening Our Practice - Sustainable Living (led by Martin Pitt)

26th to 28th April 2013 – Sheldon, Devon (Friday evening to Sunday pm)

3 Deepening our Practice – Interbeing (led by (Murray Corke)

6th – 10th August 2013 inclusive, New Barn, Dorset

There will be an opportunity to take the 5 Mindfulness Trainings on this retreat

RETREAT PROGRAMME

*The Dharma Training Programme aims to enable the Sangha to strengthen and deepen. For each retreat a text will be chosen as a basis for training which participants are invited to study in advance. It is anticipated that the following areas of practice will also be part of the overall retreat programme: **Formal sitting and walking meditation, Outdoor walking meditation, Deep relaxation, Noble silence, Use of bells, Gathas for mindfulness in daily living, Touching the Earth, Mindful speaking and listening, Chanting, Conscious breathing.** Retreatants will be asked to take responsibility (with others) for preparing meals. Periods of working meditation will be built into our daily practice. Sangha members local to the retreat venue will be asked to contribute to the administration of the retreat where possible.*

COST OF THE RETREATS

The cost of the retreat is outlined in the booking form below and has been kept as low as possible and we offer three rates. We expect that most people will be able to pay the standard rate, whilst some may want to add a further contribution, to support others to attend. We have also provided a supported rate for those on low/no incomes. Most accommodation is simple, and shared. Catering is planned with simplicity and cost in mind and it is not possible to cater for special dietary requirements – all food will be simple and free from meat and dairy products. Retreatants have the option to make a Dana contribution for the teaching at the retreat.

DHARMA TRAINING PROGRAMME 2013 BOOKING FORM

(Please complete *in capitals*, one form per person)

The number of places for each retreat is limited, early booking is advisable. Bookings will be taken on a first come first served basis.

Please complete the booking form below and return it, with a stamped addressed envelope if you do not have email, to: The Dharma Training Programme, John Moore, 9, Broome Close, Horsham, West Sussex RH12 5XG

For queries please email us at: dharmaprogramme@gmail.com for phone enquiries: 0844 5734 901

This information is on the UK Community of Interbeing website: www.interbeing.org.uk/news-events/events/

On-going information about the Dharma Training Programme as a whole and details of the specific retreats will be sent to all participants who book on this course.

NAME: TODAY'S DATE:

ADDRESS

PHONE EMAIL.....

I wish to book for the following retreat: *tick your chosen retreat and payment level*

| Retreat Number | Dates and Venue | Standard place £85 | Standard plus donation £100 | Supported place £70 |
|----------------|---|---------------------|-----------------------------|----------------------|
| 1A | 25-27 th Jan 2013 – Crossways Northants | | | |
| 1B | 1-3 rd Feb 2013 – Micklepage, W. Sussex | | | |
| 2A | 5-7 th April 2013 – Crossways, Northants | | | |
| 2B | 26-28 April 2013 – Sheldon, Devon | | | |
| | | Standard place £180 | Standard plus donation £200 | Supported place £160 |
| 3 | 6-10 th August, New Barn, Dorset | | | |

Note: It reduces administrative work if you pay for the retreat in full. If you are unable to pay the full amount in advance, please send a deposit of £30.00 with the balance payable no later than 4 weeks before the retreat. No refunds are offered within 4 weeks of the retreat date.

I enclose £ for the above booking(s).

Please make cheque payable to: 'UK Community of Interbeing Retreats'.

Please check this box if you **do not** wish your email address to be shared with other retreatants.

OTHER ACTIVITIES

We welcome your contributions to the retreat – organisationally or in creating opportunities to share music, poetry, tai chi, artwork, country walks, yoga, jogging, or other activities. Please use the space below to *list any specific contributions you are willing to make on your Dharma Training Programme:*

Are you a member of the Community of Interbeing (ie. Do you pay a membership fee and receive 'Here and Now'?)

Yes No

(if No then you need to become a member of the Community of Interbeing). To become a member of the member of the Community of Interbeing (Col) you can either download an application form from the Col web site <http://interbeing.org.uk/about/join-us/> or for those without web access send a letter to the Membership Secretary - Stella Denniss, 4 Robert Court, Wake Green Park, Moseley, Birmingham, B13 9XN - membership@interbeing.org.uk

Have you received the Five Mindfulness Trainings? Yes No