



DHARMA TRAINING PROGRAMME 2011-2013

Deeping Our Practice

The fifth Dharma Training Programme run by the UK Community of Interbeing will start in October 2011. 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 practise 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. Sangha members are encouraged to come to all 5 of the retreats, although it is possible to attend and benefit from a single retreat. Participants are expected to be members of the UK Community of Interbeing (i.e. subscribers to 'Here and Now') or to join at the time of registration.

The 'Deeping Our Practice' programme of retreats for 2011-2013 will cover the follow themes:

- Retreat 1 Meditation (7-9 Oct 2011 - Crossways, Northants and 14-16 Oct 2011 - New Barn, Dorset)
- Retreat 2 Transformation (27-29 Jan 2012 – Crossways, Northants and 17-19 February 2012 - Sheldon, Devon)
- Retreat 3 Interbeing (Autumn 2012)
- Retreat 4 Living Sustainably (2013)
- Retreat 5 Impermanence (2013)

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

Booking for the following first retreat is now open. Please use the booking form below to book your place.

RETREAT 1a: Title: *Deepening Our Practice - Meditation*

7-9 Oct 2011 - Crossways, Northants (Friday evening to Sunday pm)

RETREAT 1b: Title: *Deepening Our Practice - Meditation*

14-16 Oct 2011 - New Barn, Dorset (Friday evening to Sunday pm)

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, Beginning Anew, Gathas for mindfulness in daily living Touching the Earth, Mindful speaking and listening, Chanting, Conscious breathing, Use of the Peace Treaty.** 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. Most accommodation is simple, and shared. Catering will be planned with simplicity and cost in mind. It will not be 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 at the retreat. Dana contributions go towards the UK Community of Interbeing and as well as donations to Plum Village. (Dana is the Buddhist practice of cultivating generosity)

DHARMA TRAINING PROGRAMME 2011 BOOKING FORM

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

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

Please complete the booking form below and return it, with 2 stamped addressed envelopes if you do not have email, to: *The Dharma Training Programme, 2 Denham Court, Martlesham Heath, Suffolk IP5 3TF*

Contact details: Phone 077-5380-4272, email: edwardj7@msn.com

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

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*

- | | | | | |
|----|-------------------------------------|------------------|---------------------|--------------------------|
| 1a | 7-9 Oct 2011 - Crossways, Northants | cost: £68 | deposit: £30 | <input type="checkbox"/> |
| 1b | 14-16 Oct 2011 - New Barn, Dorset | cost: £64 | deposit: £30 | <input type="checkbox"/> |

I enclose £ as a non-refundable deposit for the above booking.

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

OTHER ACTIVITIES

We welcome your contributions to the retreat, your willingness to bring your talents and enthusiasm, and to create opportunities to share music, poetry, dance, artwork, country walks, yoga, jogging, or other activities. Please use the space below to *list any specific contributions you are willing to make to retreats and other aspects of the Dharma Training Programme (see Other Activities above):*

Bursaries:

Do you wish to apply for a bursary? Yes No (*you will be sent an application form if you tick 'Yes'*)

Are you a member of the Community of Interbeing (*ie. Do you subscribe to 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 (CoI) you can either download an application form from the CoI web site <http://interbeing.org.uk/about/join-us/> or for those without web access send a letter to the Membership Secretary - Christine Webster, 30 Wellesley Avenue, Richings Park, IVER, Bucks SL0 9BN.*

As central funds are supporting this programme, all participants need to be members of the UK Community of Interbeing. See UK Community of Interbeing website (as above) for application for membership details.

Have you received the Five Mindfulness Trainings? Yes No