

# rivendell



## **Buddhist Retreat Centre**

All Enquiries

Rivendell Buddhist Retreat Centre  
Chillies Lane  
High Hurstwood  
East Sussex  
TN22 4AB

To preserve the peaceful atmosphere of ongoing retreats,  
we regret we are not open to unannounced visitors

Telephone 01825 733 764

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[www.rivendellretreatcentre.com](http://www.rivendellretreatcentre.com)

Rivendell is part of Triratna Buddhist Community, Surrey.  
Registered charity no. 270460

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**Buddhist Retreat Centre**



# 2013

Date	Page	Event
<b>DECEMBER 2012 - JANUARY 2013</b>		
28-04Jan 14		Meetings and Partings - New Year Retreat Nagasiddhi, Viryapuspa, Danapriya & team
<b>JANUARY</b>		
11-13	3	Yoga & Meditation Weekend Vidyadasa
18-20	2	Introductory Weekend to Buddhist Meditation
<b>FEBRUARY</b>		
08-10	5	The Five stages of the Path - Young People's Meditation Weekend Kamalashila, Singhasri & Padmadharini
15-22	12	Everything Matters Vajradarshini & Mandarava
22-01Mar 10		The Embodied Heart - Meditation Week Paramananda
<b>MARCH</b>		
08-10	3	Yoga & Meditation Weekend Janis Moore
12-22	16	Awakening the Bodhicitta - 10 Day Order Retreat Prakasha
22-24	2	Introductory Weekend to Buddhist Meditation
28-01Apr 6		Easter Meditation Retreat Nagabodhi & Vimalachitta
<b>APRIL</b>		
05-12	8	Insight into the Nature of Reality Kamalashila
12-15	4	Yoga & Meditation Long Weekend Surata
19-21	2	Introductory Weekend to Buddhist Meditation
26-28	5	The Art of Reflection Weekend Ratnaguna
<b>MAY</b>		
03-06	3	Yoga & Meditation Long Weekend Vidyadasa
10-17	8	Heart of Practice Atula & Paramananda
17-19	2	Introductory Weekend to Buddhist Meditation
24-27	6	Mindfulness Long Weekend
<b>JUNE</b>		
07-14	17	Sadhana as a Path to Insight - Order Retreat Vessantara
14-21	9	Centre of the Sunlit Sky - Meditation Week Vessantara
21-23	6	A Beautiful Mind - Meditating with the Satipatthana Sutta Vajradevi
<b>JULY</b>		
12-21	10	Entering the Crucible - 9 Day Meditation Retreat Paramananda
26-28	2	Introductory Weekend to Buddhist Meditation
<b>AUGUST</b>		
02-04	11	Croydon Sangha Weekend
09-11	11	Young People in Triratna Buddhist Community
16-23	12	Opening Windows - Creativity and Buddhist Practice Bob Ellis, Vandika & team
23-26	3	Yoga & Meditation Long Weekend Mokshini
<b>SEPTEMBER</b>		
06-08	11	Regional Groups Sangha Weekend
13-15	2	Introductory Weekend to Buddhist Meditation
20-23	4	Yoga & Meditation Long Weekend Surata
26-04Oct 17		Path of Purification Atula
<b>OCTOBER</b>		
18-21	7	Autumn Meditation Long Weekend Paramananda
25-01Nov 13		Making Friends with the Imagination - Wolf at the Door Creative Writing Retreat Ananda & Satyalila
<b>NOVEMBER</b>		
08-15	13	Exploring Myth - The Journey through the Underworld Atula, Mandarava & Nagasiddhi
15-17	2	Introductory Weekend to Buddhist Meditation
19-29	17	Padmasambhava Sadhana - 10 Day Order Retreat Prakasha
29-01Dec 3		Yoga & Meditation Weekend Janis Moore
<b>DECEMBER</b>		
06-13	10	Everything is Waiting - Meditation Week Paramananda
13-15	2	Introductory Weekend to Buddhist Meditation
20-22	7	Heart of Mid-Winter Meditation Weekend Vimalachitta
27-03Jan 14		New Year Retreat

\*To preserve the peaceful atmosphere of ongoing retreats, we regret we are not open to unannounced visitors.

The Buddha's teaching is a radical invitation to change our lives, so radical in fact, that it may seem at first glance to be a complete inversion of how we have previously seen the world. Rivendell is a place where we cherish the Buddha's teaching and values, exploring its potent message for our lives today. A retreat here provides the opportunity to come together as a community, to engage with ourselves at a deeper level and where we can encounter challenging ways to transform our inner and outer lives.



Rivendell is part of the Triratna Buddhist Community and has been successfully established as a Buddhist Retreat Centre for nearly 30 years. Situated on the edge of a small East Sussex village, the retreat centre itself is housed in a former Victorian rectory. Surrounding the house is a lovely garden, beyond which lie fields and woodland. Our simple communal accommodation is warm and comfortable. Shared single-sex accommodation is in upstairs bedrooms and there are also two comfortable lounges. At the heart of Rivendell is our beautiful and peaceful shrine room.

Our appetising and healthy vegetarian food is prepared by one of our experienced team of volunteer cooks. Retreats at Rivendell are founded upon the principles of community, generosity and co-operation to create an atmosphere of care and mutual concern. To help connect everyone on the retreat you will be asked to share and help out with light domestic tasks. Many lasting friendships have begun by washing up together at Rivendell.

All our retreats are set in the context of Buddhist meditation and ritual as practised within the Triratna Buddhist Community. You do not have to think of yourself as a Buddhist to come here, or have any intention of becoming one. All we ask is that you bring along an open heart and mind, participate fully in the retreat and be curious about what emerges. If you are willing to be surprised, being on retreat at Rivendell might just turn your life upside down.

**Introductory:** Events marked in green are suitable for those new to meditation and Buddhism as practiced within the Triratna Buddhist Community.

**Regulars:** Retreats marked in red are only suitable for those who have a regular meditation practice and attend retreats, a centre or group within the context of the Triratna Buddhist Community.

**Order members:** Those in purple are for members of the Triratna Buddhist Order only.

Booking details are at the back of this booklet.

More details on our website:

[www.rivendellretreatcentre.com](http://www.rivendellretreatcentre.com)

These very popular weekends are for those who want to learn Buddhist meditation (or need a refresher), and to find out a little about Buddhism. You will enjoy the company of others in a positive, friendly space away from the usual distractions. Allowing you to connect with yourself and others at a deeper level.



You will be gently guided in the practice of two traditional Buddhist meditations. The mindfulness of breathing which helps develop a calm and focused mind and the metta bhavana, (development of loving kindness), a practice which encourages emotional positivity. When practiced regularly both these meditations can have a transformative effect on our whole lives.

Rivendell is a Buddhist retreat centre, however, you don't have to consider yourself a Buddhist to benefit from these retreats. They are a chance for you to get a taste of meditation and Buddhism and to make up your own mind about it.

There will also be talks and discussion groups as well as time to enjoy the beautiful surroundings.

These weekends do fill up very quickly, so do book early to avoid disappointment.

### INTRODUCTORY WEEKENDS TO BUDDHIST MEDITATION

Friday evening 6.00pm to Sunday afternoon at approximately 4.00 pm **£168/150**



January 18-20  
 March 22-24  
 April 19-21  
 May 17-19  
 July 26-28  
 September 13-15  
 November 15-17  
 December 13-15

**Rivendell offers several retreats which integrate Buddhist meditation and yoga. For those who already practice yoga the conditions of a retreat allow us to take your experience of yoga much deeper.**

The added dimension of meditation helps to calm and concentrate the mind, and connect us more fully with our bodies. The whole retreat will take place in an overall context of Buddhism and an introduction to Buddhist meditation will be taught on the retreat. The retreat will also include Buddhist devotional practice and chanting.

Typically, on these retreats there will be two comprehensive sessions of yoga a day, alongside meditation instruction, discussion and quiet time to reflect and unwind.

**Please note:** These retreats are for those who already regularly practice yoga and are not suitable for complete beginners.

If you have already learnt to meditate within the Triratna Buddhist Community see also page 04 'Yoga & Meditation with Surata'



### WEEKENDS

FRIDAY TO SUNDAY PM

January 11 - 13

**£168/150**

with Vidyasa

March 08 - 10

**£168/150**

with Janis Moore

November 29 -

December 01

**£168/150**

with Janis Moore

### LONG WEEKENDS

FRIDAY TO MONDAY PM

May 03 - 06

**£200/180**

with Vidyadasa

August 23 - 26

**£200/180**

with Mokshini



**These two retreats with Surata are for those who already have experience of meditating within the context of the Triratna Buddhist Community and regularly practice yoga.**

Surata brings to his teaching over 38 years experience of both yoga and Buddhism. His teaching combines a depth of experience with humour and playfulness which he brings to his classes. His particular mindful and gentle style of yoga is influenced by the teaching of Vanda Scaravelli, as he writes:

“Through this deceptively gentle approach to yoga we can perhaps slow down enough to be aware of the sensations which precede our habitual states of mind. By surrendering to gravity, freeing the breath and gently and systematically releasing the existing tension in our bodies we can begin to awaken the spine. This can provide the opportunity to effect radical changes in all aspects of our mental and physical behaviour bringing freedom and a sensitive and skillful articulation to the individual body-mind”.

Two sessions of yoga a day alongside meditation, Buddhist ritual and discussion.

## LONG WEEKENDS

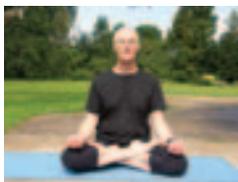
FRIDAY TO MONDAY

April 12 - 15

£200/180

September 20 - 23

£200/180



All these retreats are suitable for those who have already learnt meditation and are familiar with Buddhist devotional practice and ritual, (Puja) within the context of the Triratna Buddhist Community. You will need to have attended an introductory course, meditation/study classes or other retreat centres within the Triratna Buddhist Community, have a regular meditation practice and be comfortable with periods of silence.

## THE FIVE STAGES OF THE PATH - YOUNG PEOPLE'S MEDITATION WEEKEND

with Kamalashila, Padmadarini & Singhasri

February 08 - 10 **£135/115**

This retreat for anyone aged 18-35 is a unique opportunity to deepen your meditation practice alongside other younger practitioners, with input and guidance from both young and more senior teachers. Join us in an in depth exploration of the five stages of the spiritual path, as articulated by Sangharakshita. Through the five stages we learn to establish a solid foundation of calm abiding and positivity, while increasing our confidence and ability to becoming more and more receptive to our direct experience. This enables us to respond to our experience from a place of deeper understanding of the true nature of reality. Together, we will explore our own experiences of moving from Shamatha (calming) to



Vipashyana (insight) in our meditation practice. The retreat will include meditation instruction, including formless practices, group discussion and meditation reviews.

## THE ART OF REFLECTION

with Ratnaguna April 26 - 28

£145/125

“...there is something I must dwell on, because I know more than I know and I must learn it from myself” - Marilynne Robinson

The mind itself can be a tool to go beyond the limitations of our habitual patterns of experiencing the world. Reflecting on Buddhist teachings and their relationship to our own experience is a way to help us fully integrate the Dharma in to our lives and transform the way we live. This process is traditionally said to have three levels: Receptively hearing wisdom from others (Listening), absorbing wisdom and becoming our own “teacher” to ourselves (Reflecting) and finally embodying these profound truths in our very being (Contemplation). On the retreat we will practice two particular different forms of reflection: Discursive, a thoughtful approach to

wisdom and *Meditative*, a more intuitive path to understanding. With reflection exercises, meditation and ritual.

Ratnaguna, who is the author of the book *The Art of Reflection*, has developed a variety of exercises, workshops and retreats designed to help develop and deepen our ability to reflect.

## **EASTER MEDITATION LONG WEEKEND (4 NIGHTS)**

with Nagabodhi & Vimalachitta

March 28 - April 01 (Long Easter bank holiday weekend)

**£225/200**

Four days of stillness, meditation and silence as nature at this time of year quickens around us with new life. Time to relax and unwind, time to connect and recharge, time to enjoy silence, time to enjoy birdsong – or even the sound of your own breath, time to process the past, time to prepare for the future or time simply to be present. All this and more could be yours as we sit silently meditating in beautiful surroundings and in great company.

*Please note:* This retreat runs Thursday pm – Monday pm.

## **MINDFULNESS LONG WEEKEND**

24-27 May (Late May bank holiday weekend) **£200/180**

*“Awareness is revolutionary”* – Sangharakshita.

This retreat is a valuable opportunity to enjoy a long weekend of the sustained practice of mindfulness. This fundamental Buddhist teaching is the path to greater awareness and the experience of being truly and vitally alive. Through walking and sitting meditation and other practices we will explore mindfulness in all its many forms through every sense of the body. To immerse ourselves in this practice is to experience a greater sense of clarity, energy and contentment, in real connection with ourselves, others and the world around us.

*Please note:* This retreat runs Friday pm – Monday pm.

## **A BEAUTIFUL MIND - MEDITATING WITH THE SATIPATTHANA SUTTA** with Vajradevi

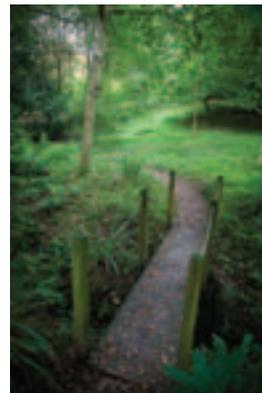
June 21 - 23 **£145/125**

This will be a weekend exploring aspects of the Satipatthana Sutta, the Buddha’s discourse on mindfulness, through meditation, discussion and reflection. Mindfulness is essentially about curiosity. Rather than the habitual response of grabbing what we like and pushing away what we find distasteful – we are simply interested and open. Our relationship with whatever we experience is attentive and appreciative; fresh to each moment. This quality of awareness changes how we experience our inner landscape of mind and imagination, and outer world through all of our senses, helping both aspects be more vivid, alive and

accessible to us.

*Please note:* You will need to have been meditating regularly with the context of the Triratna Buddhist Community for two years before attending this retreat.

Vajradevi has been meditating for 28 years and was ordained in 1995. She regularly leads meditation workshops and retreats based around the Satipatthana Sutta and has explored approaches to awareness with the Burmese teacher Sayadaw U Tejaniya and Joseph Goldstein.



## **AUTUMN MEDITATION LONG WEEKEND (3 NIGHTS)** with Paramananda

October 18 - 21 **£225/200**

*“Autumn is a second spring where every leaf is a flower.”* - Albert Camus

Paramananda will bring his particular poetic approach to meditation on this long weekend of silent practice. At this most “soulful” time of year, surrounded by the beauty of autumn, this retreat will create space for us to gently abide with our experience with kindness and awareness. Our aim to observe the process of change, both within and without, leading to an intimacy and empathy with ourselves and the world around us. *Please note;* you will need to have been meditating regularly with the context of the Triratna Buddhist Community for two years before attending this retreat and that this retreat runs from Friday pm to Monday pm

## **HEART OF MID-WINTER MEDITATION WEEKEND** with Vimalachitta

December 20 - 22 **£145/125**

Over this weekend of the winter solstice, Vimalachitta returns bringing her natural warmth to lead a reflective weekend of meditation practice at the heart of mid-winter; a time to turn inward and gaze into the embers of the fires of the heart. Through meditation, ritual and periods of silence we will nurture our practice and connect with ourselves and what we truly value before the activity and hustle of the festive season begins.

## **PRACTICE EVENINGS**

Rivendell also holds monthly Wednesday night practice evenings. An opportunity to come together and practice meditation and Puja together. Suitable for all those who have already learnt meditation within the context of the Triratna Buddhist Community. Dates and details are on our website.

All these retreats are suitable for those who have already learnt meditation and are familiar with Buddhist devotional practice and ritual, (Puja) within the context of the Triratna Buddhist Community.

You will need to have been regularly meditating for at least one year within the Triratna Buddhist Community and attend a centre or group. You must also be comfortable with extended periods of sitting meditation and days spent in silence.

## **EVERYTHING MATTERS**

with Vajradarshini & Mandarava February 15 - 22 **£325/295**  
(see page 12 for details)

## **INSIGHT INTO THE NATURE OF REALITY - MEDITATION WEEK**

with Kamalashila  
April 05 - 12 **£325/295**

The Buddha in his teaching described all conditioned things as having the characteristics of impermanence, unsatisfactoriness and insubstantiality. Rather than hiding from these truths, how would we experience life if we fully embraced them? On this retreat Kamalashila will skilfully guide us through meditation and periods of reflection to take a deep look at our experience as it actually is. Through practising in this way we can begin to let go of our unhelpful and habitual ways of relating to life and find a path to a far greater freedom and contentment beyond. With led reflections, meditation, ritual and silence. Personal meditation interviews with Kamalashila will also be available.

Kamalashila has been meditating for nearly 40 years and is a highly respected retreat leader and meditation teacher. He helped establish Vajraloka Buddhist Meditation Centre and is the author of *Meditation - The Buddhist Way to Tranquillity and Insight*.



## **HEART OF PRACTICE**

with Atula & Paramananda May 10 - 17 **£325/295**

This is a rare opportunity to enjoy the teaching of two highly experienced Buddhist practitioners on one retreat. The retreat itself explores the relationship between formal meditation practice and communication with others. Our aim is to experience Sangha in its fullest sense, where we can be with our own experience and be in real relationship with others, both “on the cushion” and off. On the retreat Paramananda will lead the morning sessions which will focus on guided meditation practice, in the afternoons Atula will gently lead us in to a fuller relationship with ourselves and others.

## **CENTRE OF THE SUNLIT SKY**

**Intensive meditation week leading up to the summer solstice**

with Vessantara June 14 - 21 **£325/295**

This retreat will follow the popular *Total Immersion* format, using silence and open meditations to allow you to pursue and deepen your practice in your own way, but with the support of short talks, meditation reviews communal ritual and periods of silence. During the week the teaching will evoke and explore meditative images that have been used for centuries to deepen both the absorption and wisdom aspects of meditation practice, dispelling the shadows of suffering and unveiling the sun of freedom and serenity.



# Intensive Meditation Retreats

## WITH PARAMANANDA

These retreats are suitable for those who have already learnt meditation and are familiar with Buddhist devotional practice and ritual within the context of the Triratna Buddhist Community. These week long retreats create the conditions for you to take meditation practice much deeper. You will need to have been regularly meditating for at least one year within the Triratna Buddhist Community before attending. You must also be comfortable with extended periods of sitting meditation, Buddhist devotional practice and spending most of the retreat in silence.

Paramananda has been teaching meditation and leading retreats for over 25 years and is author of three books on meditation; *Change Your Mind*, *A Deeper Beauty* and *The Body*.

## THE EMBODIED HEART - MEDITATION WEEK

February 22 - March 01 **£325/295**

A week of meditation focusing on finding confidence in our own experience and learning to trust and follow our hearts to the core of our practice. Meditation offers us a means of contacting what lays below the surface of our everyday minds. When we relax and begin to loosen the holding on that characterises the chattering mind we gain access to the deeper energies. This retreat will particularly emphasise, through awareness of the body, a letting go and relaxing into those depths.

## EVERYTHING IS WAITING - MEDITATION WEEK

December 06 - 13 **£325/295**

Meditation can open us to what is there; the richness of our own minds and hearts. Through sitting, walking and chanting we will learn to listen to the internal and external world of our natural awareness to discover what has always been waiting for us. Taking a fresh and radical look at our meditation we will try to find how we can feel at home in the world of our own body and mind and the world that we share with all that lives.

See also the "Weekends" page for the details of the Autumn Meditation Long Weekend with Paramananda, October 18-21.

## For more experienced meditators:

## ENTERING THE CRUCIBLE - 9 DAY INTENSIVE MEDITATION RETREAT

July 12 - 21 **£415/385**

An opportunity for more experienced meditators to participate in a longer, more intensive, retreat with Paramananda. Held almost entirely in silence, this retreat will have extended periods of sitting and walking practice. Individual meditation interviews with Paramananda will also be available. You will need to have been meditating regularly for at least three years and be comfortable with up to 8 hours of formal practice per day.

Please note: This retreat runs Friday pm to Sunday pm and lasts 9 days.

# Sangha Weekends

## FOR TRIRATNA BUDDHIST COMMUNITY

You will need to regularly attend the appropriate group or centre within the Triratna Buddhist Community to attend these weekends. Please contact the local Order members for specific themes and content of these retreats nearer the time.



## YOUNG PEOPLE WITHIN TRIRATNA BUDDHIST COMMUNITY WEEKEND

August 09 - 11

**£105/95**

See also Young People's Intensive Meditation Weekend retreat on page 05

## CROYDON BUDDHIST CENTRE SANGHA WEEKEND

August 02 - 04 **£120/100**

## REGIONAL GROUPS WEEKEND FOR WORTHING, BRIXTON, & TONBRIDGE GROUPS

with Padmachandra, Amarapuspa & Vidyakaya

September 06 - 08 **£120/100**

# Awakening the Imagination

These retreats are suitable for those who have already learnt meditation within the context of the Triratna Buddhist Community and will include Buddhist ritual (Puja).

## EVERYTHING MATTERS

with Vajradarshini & Mandarava

February 15 - 22 (Half term week) **£325/295**

Everywhere we look we are being shown reality. The truths of Buddhism are woven into our human experience. This retreat is about the 'stuff' of life, of humanness, of the world in us and around us. To navigate the mystery of human existence we need fundamental Dharma teachings to help guide us. Through talks, led reflections and discussion Vajradarshini will be unfolding some of the essential teachings of Buddhism, whilst Mandarava will create real and relevant rituals to engage the heart. Images, film and poetry will also be used to imaginatively bring alive the themes of the retreat. The whole retreat will be held in a structure of meditation, reflection, ritual and silence. Nothing will be the same after this retreat.

Mandarava and Vajradarshini have been friends for over 25 years and are known for leading retreats of authenticity, imagination and depth.

## OPENING WINDOWS

### Creativity & Buddhist Practice

with Bob Ellis, Vandika & team

August 16 - 23 **£380/350** (includes cost of all materials)

This unique retreat turns Rivendell into a large studio. Within a context of Buddhist practice you are invited to explore your natural human capacity to create images and objects



in an atmosphere of openhearted playfulness, kindly awareness and harmonious community. A wide range of art materials are made available to help you engage with the imagination and all its possibilities. Whether you have years of artistic experience or consider yourself a complete beginner, all that matters is

the desire to explore your creative process within a Buddhist context in a spirit of openness and experimentation. With meditation and Buddhist ritual.

## MAKING FRIENDS WITH THE IMAGINATION A 'Wolf at the Door' Creative Writing Retreat with Ananda & Satyalila

October 25 - November 1 (Half term week) **£325/295**

Imagination is essential when following the spiritual life because it makes available and harmonizes all the different energies contained within us. This friendly and nurturing retreat uses creative writing workshops to explore the gifts of imagination we find within us - many we don't know we even have! Woven with the Dharma and laced with the unexpected, the retreat will include writing exercises, discussion, meditation, Buddhist ritual and more. No prior experience of writing is needed. Satyalila and Ananada will create an environment that allows everyone to explore their own inner world of imagination in a safe and supported way.

More details: [www.wolfatthedoor.org](http://www.wolfatthedoor.org)

## EXPLORING MYTH

### Journey through the Underworld

with Atula, Mandarava & Nagasiddhi

November 08 - 15 **£325/295**

"Mankind owns four things that are no good at sea: rudder, anchor, oars, and the fear of going down". Antonio Machado

In most myths the hero or heroine's quest invariably involves

a descent in to an unknown underworld to reclaim that which has been abandoned, lost or rejected. Although a task filled with danger and risk it is also



potentially an initiation in to wholeness followed by a return to a new life. This retreat will be a journey through both collective and personal experience using ancient stories, imagery, symbols and dreams. Includes; discussion, meditation and ritual.

Atula is an experienced therapist and retreat leader who has a gift for using myth and symbol to take us in to the depths of our being. Mandarava is an artist and puppet maker who will use puppets and images to ritually bring the stories we will be exploring on the retreat to life.

For more details of Mandarava's work:

[www.bluebirdpuppets.com](http://www.bluebirdpuppets.com)



All these retreats are suitable for those who have already learnt meditation and are familiar with Buddhist devotional practice and ritual, (Puja), within the context of the Triratna Buddhist Community. You will need to have been regularly meditating for at least one year within the Triratna Buddhist Community and regularly attend a Triratna centre or group. You must also be comfortable with extended periods of sitting meditation and silence.

## MEETINGS AND PARTINGS

### New Year Retreat 2012/2013

with Nagasiddhi, Viryapuspa, Danapriya & team

December 28 2012 - January 04 2013 **£325/295**

The turn of the year is traditionally a time of reflection; a time to turn inwards and take stock, looking back over the old year and forward to the new. This is what is sometimes described as a “liminal” space, (from the Latin word limen, meaning “a threshold”), where we allow ourselves to sit in the present with both the known and the unknown, the past and the future. This can also create a bridge to one another, a meeting in-between, in a mysterious realm beyond our usual and habitual ways of relating. The retreat will use meditation, reflection, ritual and periods of silence to honour this time and space and to fully embrace the new possibilities that can arise within it.



### NEW YEAR RETREAT 2013

December 27 2012 - January 03 2013 **£325/295**

Please check the website for details nearer the time.

Periods of solitude and reflection have always been a part of the Buddhist tradition. For this purpose Rivendell has a separate chalet in its own secluded part of the grounds with its own access. The chalet provides an ideal safe environment for a first solitary retreat.



The chalet itself sleeps one and comes equipped with heating, a gas cooker, silent fridge, flush toilet and electric shower. There is also a shrine, meditation mats and cushions. Twice weekly we deliver food and supplies for you to prepare.

Lettings run from Friday to Friday.

**£190/160 per week**, including basic food.

Please Note: Before booking please talk to a member of the Rivendell team if you have not already undertaken a solitary retreat. A solitary retreat can be a strong experience, so it's important that you have had attended other Triratna Buddhist Community retreats before booking the solitary chalet.





## AWAKENING THE BODHICITTA

### 10 Day Order Retreat

with Prakasha

March 12 - 22 **£440/400**

On this retreat we will be learning to awaken love and compassion through the practice of Tonglen. Tonglen is a simple and effective way to open to a compassionate response to oneself and others amidst the difficulties of everyday life. We turn towards our experience with an open spacious awareness and allow our heart to open. The approach is a complete path that combines Tonglen, the Brahma Viharas, reflection, and a concise Guru Yoga. The teachings will be drawn from Atisha's *Seven Point Mind Training* and the book *The Great Path to Awakening*. The retreat will be held in a context of silence, with meditation, puja, ritual and devotion.

## SOUTHERN REGIONAL ORDER WEEKENDS

### WOMEN'S

February 01 - 03

July 05 - 07

November 01 - 03

### MEN'S

March 01 - 03

October 04 - 06

## SADHANA AS A PATH TO INSIGHT

with Vessantara

June 07 - 14 **£325/295**

A visualization practice is a dramatized enactment of the nature of reality. It includes meditation on emptiness, non-self, impermanence and interconnectedness. It can also become an exploration of the nature of mind. During this week, which is open to practitioners of all sadhanas, we shall explore how to make our sadhana practice an effective method for developing liberating insight.

## THE PATH OF PURIFICATION

with Atula September 26 - October 04 (8 nights) **£375/345**

Atula returns to guide with great skill and kindness a group of individuals into a congruent relationship with both themselves and one another. This retreat involves group work in which with honesty and sensitivity we explore our patterns of communicating and relating. We will develop a deeper awareness of how our inner experience is impacting and affecting our interactions, and to come into a more compassionate relationship with ourselves and others. All this takes place within a ritual context of meditation, devotional Vajrasattva practice and periods of silence. A profound retreat that has been known to help manifest lasting changes in the lives of the participants. To attend the retreat you will need to have been regularly practicing within the Triratna Buddhist community for at least two years.

*Please note:* This retreat runs from Thursday evening and lasts eight nights.

## PADMASAMBHAVA SADHANA

### 10 Day Order Retreat

with Prakasha

November 19 - 29 **£440/400**

This retreat will be an exploration of the creation and completion aspects of sadhana and the themes of compassion and wisdom. A full introduction to the Padmasambhava practice will be given together with instructions on formless meditation. The practice will be understood in terms of awakening the Bodhicitta and initiation into the five Wisdoms. The sadhana is a path of devotion to the Guru that introduces us to the nature of awareness. A short text called *Heart Advice*, giving direct instructions on how to awaken to the sky-like nature of mind, will also be elucidated. The retreat will be held in a context of silence with meditation, puja, ritual and devotion.

A retreat, although often highly enjoyable is also not the same as a holiday or workshop. A retreat situation is a place where the boundaries are defined specifically to create a real opportunity to step outside familiar patterns and explore different ways of being. Any retreat is a structure we give ourselves to for a set period of time putting us in touch with who we really are and can clarify what we truly value. The boundaries provide an essential structure for the retreat to support meditation, reflection, community living and other Buddhist practices which makes it both a challenging as well as a hugely rewarding experience. We ask you to come being aware and willing to support the conditions of our retreats.

## Therefore, please read the following before making your booking:

**Experience** Do make sure that you have chosen a retreat appropriate to your level of experience; **Introductory**, **Regulars** or **Order Members**.

**Children** Unfortunately for legal reasons, we are unable to accommodate anyone under the age of 18 years old.

**Health** It is essential that you inform us when you book if you have any physical, emotional or mental health issues which could affect your participation in the retreat. (Please also inform the retreat team when you arrive at Rivendell). Any information given will not be communicated to other retreatants and is treated in the strictest confidence.

**Awareness** We ask you to refrain from alcohol, sexual activity and illicit drugs for the duration of your retreat. We also require you not to use mobile phones, laptops, I-phones and MP3 players, etc. in the retreat centre or grounds during the retreat.

**Continuity** Please arrange it so you can attend the whole retreat from start to finish. It is disruptive to the atmosphere of a retreat to arrive late, leave early or to take excursions. For the duration of your retreat please come prepared not to use your car, if you bring one, and please stay within walking distance of the retreat centre.

**Arrival** Please arrive between 5 pm and 7 pm on the first day of your retreat. (Retreats start with a light supper at about 7 pm).

**Accommodation** is upstairs in single-sex bedrooms shared with other retreatants, normally between 3 – 4 people per room. We are not usually able to offer single room accommodation. However, if you have a medical condition or disability, then please contact the office at the time of your booking to discuss your needs. It is also possible to camp, please let us know in advance if you intend to do so.

**Sharing** Please inform us when you book if you are coming with a friend and wish to be accommodated in the same shared bedroom as them.

**Food** is healthy, tasty and vegetarian and is prepared for you by our team of volunteer cooks.

**Restricted diets** can only be catered for genuine medical

reasons and we will need to be informed when you book. To help our volunteer cooks, please keep special food requests to absolutely essential requirements only.

**Helping out** You will be asked to help with domestic tasks; washing up, etc. and a clear up at the end of the retreat.

**Departure** Weekend and Opening Windows retreats usually end between 3 and 4 pm. Yoga & Tai Chi long weekends usually end at around 2pm. All other retreats end around noon on the last day.

**Travel** Rivendell is easily accessible by car but parking is very limited. Trains run from London to Uckfield from where Rivendell is a short taxi ride away. There is also a bus service to Uckfield from Brighton and Tunbridge Wells. More detailed travel information will be sent with your booking confirmation and is available on the travel page of our website, as is our lift sharing scheme.

## COST OF RETREATS

**The cost of each retreat is marked in Bold.**

Please pay this rate if you possibly can to help support our activities. The second lower rate is only for those on a very low income; (e.g. the unemployed in receipt of benefits and students). Further concessions can sometimes be arranged.

## Deposit and Payment

**Bookings can be made by post with a cheque or by phone using a debit or credit card. (From 2012 there will also be a booking enquiry form on our web site).**

No booking will be confirmed without a deposit.

**£40 deposit** for weekends, midweek or long weekends.

**£60 deposit** for week long retreats.

**All deposits are non-refundable and non-transferable.**

The balance is due no later than six weeks before the start of the retreat. If booking within six weeks of the start of the retreat, please enclose the full amount.

**Cancellation** All deposits are non-refundable and non-transferable. If you cancel and we can't replace you, you will be required to pay half the total cost of the retreat. Do let us know as soon as possible if you need to cancel as this gives us a much greater chance of replacing you, and of you receiving more of a refund!

**Cheques should be made payable to 'Rivendell Buddhist Retreat Centre'. Please return a completed booking form (overleaf) with your deposit, and address your enquiries to:**

Bookings, Rivendell Buddhist Retreat Centre, Chillies Lane, High Hurstwood, East Sussex, TN22 4AB\*

Tel: 01825 733 764

Office staffed 1.30 - 5.30 Mon, Tues, Thurs & Fri

Email: rivendellbookings@googlemail.com

There are more details of Rivendell and all retreats on our website; [www.rivendellretreatcentre.com](http://www.rivendellretreatcentre.com)

\*To preserve the peaceful atmosphere of ongoing retreats, we regret we are not open to unannounced visitors.

# Booking Form

**I wish to attend** PLEASE PRINT CLEARLY IN BLOCK CAPITALS

Event title \_\_\_\_\_

Starting date \_\_\_\_\_

Male  Female (please tick as appropriate)

First Name \_\_\_\_\_

Surname \_\_\_\_\_

Address \_\_\_\_\_

Post Code \_\_\_\_\_

Phone (day) \_\_\_\_\_

Phone (eve) \_\_\_\_\_

Mobile \_\_\_\_\_

Email \_\_\_\_\_

If you request the concessionary rate please tick and  
enclose details of your circumstances:

Have you contacted us with any particular requests or need  
to inform us of anything?

Yes. Please give brief details:

Do you have experience of meditation as practiced in the  
Triratna Buddhist Community or the FWBO?  Yes  No

I enclose my deposit of £40/£60

I also enclose a donation of £  (Thank you!)

Signature \_\_\_\_\_

## All enquires

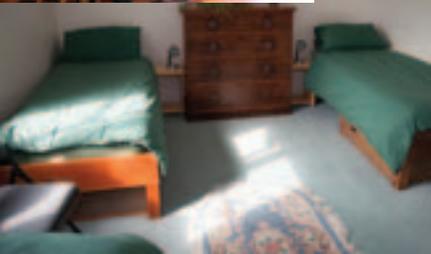
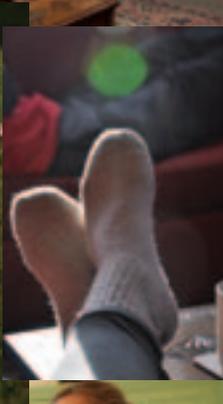
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