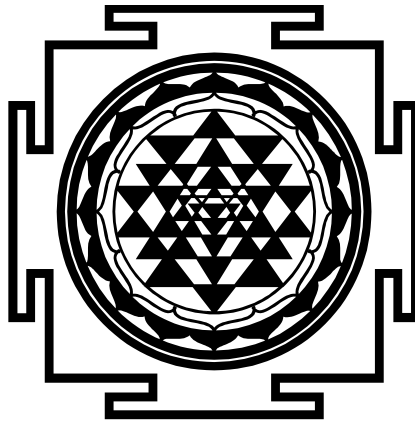


# MEDITATION

## A SILENT WEEKEND RETREAT

FRIDAY AUGUST 4<sup>th</sup> to SUNDAY AUGUST 6<sup>th</sup> 2017



PRESENTED BY THE BRISBANE THEOSOPHICAL SOCIETY AT THE  
THEOSOPHICAL EDUCATION AND RETREAT CENTRE, 2184 SPRINGBROOK RD,  
SPRINGBROOK, QLD, 4213.

We invite you to join us in the tranquillity of this lovely bushland setting, for a weekend of meditation. Whether you are a beginner or a long-term practitioner, this retreat offers the opportunity to experience the beneficial effects of meditation, in the company of like-minded people. With gentle guidance from our facilitator, Rod Bucknell, you will learn how to make meditation an integral part of your life. To facilitate your practice, silence will be observed from first thing Saturday until after lunch on Sunday. You will have a private room, and all meals are vegetarian. The cost is a total of \$185.

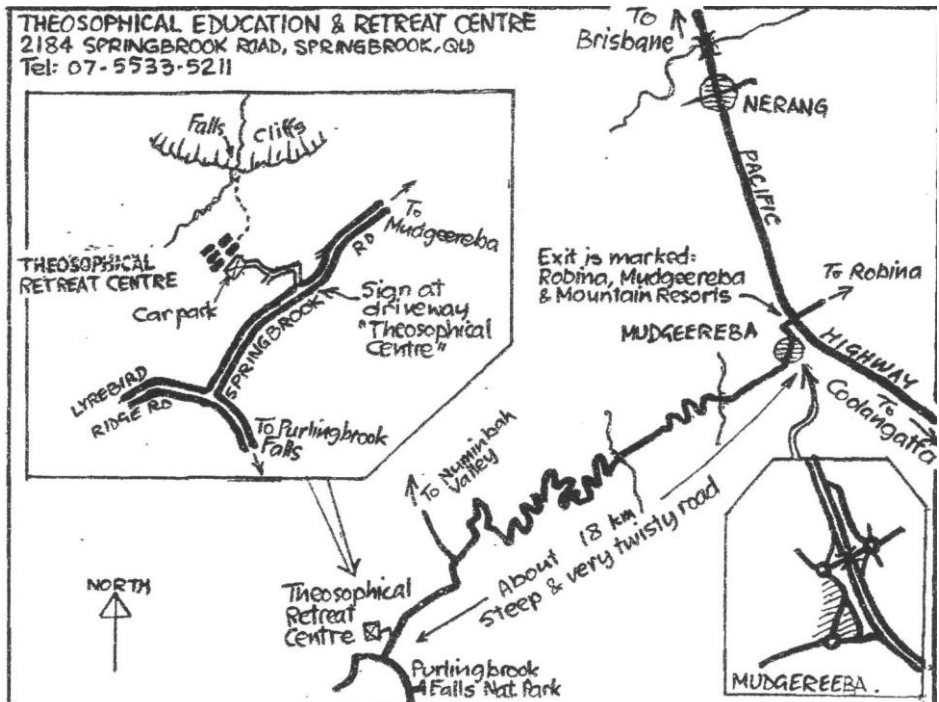
To **REGISTER**, complete the form below and return it, with your payment, to: The Secretary, Theosophical Society, 355 Wickham Terrace, Brisbane 4000. Cheques payable to: Brisbane Theosophical Society. EFT: Bank of Queensland, Brisbane Theosophical Society, BSB # 124030, ACCOUNT # 10010157 – if paying by EFT, please email details (your name, date of payment, and amount) to [brisbanelodge@theosophyqld.org.au](mailto:brisbanelodge@theosophyqld.org.au)

**PLEASE NOTE:** You must provide a completed form and payment (either deposit or full amount) to be registered. **Closing date for registration: Thursday July 20<sup>th</sup>.**

*Specific enquiries about the meditation aspect of the weekend can be directed to our facilitator Rod Bucknell on 3378 0425. All other enquiries should be directed to the Lodge on (07) 3839 1453 or email [brisbanelodge@theosophyqld.org.au](mailto:brisbanelodge@theosophyqld.org.au)*

**What to bring:** Please bring your own single-bed linen, towel, etc. to help us minimise costs. You may also wish to bring a meditation cushion and blanket. A track suit (or similar), joggers, an umbrella, insect repellent and a torch could also be handy.

**Note:** Deposit not refundable after registration closing date. Room allocation begins 4:30 pm Friday. Retreat ends mid-afternoon Sunday. Meals are vegetarian. Please advise secretary on 3839 1453 by close of registration (July 20th), if you need a late dinner or no dinner on Friday. The Centre is an alcohol & smoke-free zone.



✂ please detach

**REGISTRATION FORM**

**RETREAT AUGUST 2017**

NAME .....

ADDRESS ..... POSTCODE .....

PHONE..... MOBILE..... E-MAIL.....

EMERGENCY CONTACT (Name)..... (Ph).....

DO YOU NEED TRANSPORT TO SPRINGBROOK? YES ..... NO .....

SPECIAL DIETARY NEEDS (e.g. vegan, gluten-free) .....

IF ARRIVING AFTER 6 PM ON FRIDAY, PLEASE INDICATE APPROXIMATE TIME & WHETHER YOU WILL REQUIRE DINNER .....

I ENCLOSE DEPOSIT OF \$85 **OR** FULL COST OF RETREAT \$185

SIGNATURE..... DATE .....