

# Annual Easter Retreat



Friday April 6<sup>th</sup> from 9am until Monday April 9<sup>th</sup> after lunch

Enjoy 4 days developing and experiencing a more spacious and relaxed mind and body

## Venerable Geshe Doga will teach from the Eight Verses on Mind Training

Composed by the Buddhist Master Langri Tangpa (1054-1123), Eight Verses for Training the Mind is a highly-revered text from the Mahayana mind-training tradition. These instructions offer essential practices for cultivating the awakening mind of compassion, wisdom and love.

The fundamental theme of mind-training practice is the profound reorientation of our basic attitude, both toward our own self and toward our fellow human beings, as well as toward the events around us. The goal of mind-training practice is the radical transformation of our thoughts, attitudes, and habits. Presently, we tend to cherish the welfare of our own self at the expense of all others. The mind-training teaching challenges us to reverse this process. This involves a deep understanding of others as true friends, and the recognition that our true enemy lies inside ourselves, not outside.

There will be an emphasis on meditation during this course. This is the perfect opportunity to give ourselves four full days to sit and listen, contemplate and meditate without interruption – to rest our minds as well as our bodies. This retreat can help us to find some clarity, kindness and focus in the way we live our lives.

The course comprises guided meditation sessions, teachings from Venerable Geshe Doga, discussions and time to enjoy walks in Landcox Park. The retreat will be held at Tara Institute.

For catering purposes and to secure your booking, please pay before 23rd March on 9596 8900. The course includes a delicious vegetarian lunch each day; please note we cannot offer accommodation as we have a full house at the moment.

### Early Bird fee until 23rd March

\$250 members

\$300 non-members

The price includes a delicious vegetarian lunch each day

### After 23rd March fee

\$260 members

\$310 non-members

For inquiries contact Ven. Lhamo on 9596 7410 or email her at [spc@tarainsitute.org.au](mailto:spc@tarainsitute.org.au)