

BYRON MEDITATION RETREAT - Pre departure notes

LOCATION	The town and beaches of Byron Bay are approx 5 minutes drive/35 minute walk from Sangsurya. Transfers are included to/from Ballina Byron Airport. Byron Bay Taxis can be contacted on (02) 6685 5008.
DIRECTIONS	Allow 9 hours for the 800km drive from Sydney. From Ballina, head north 25 minutes, through Lennox Head and Suffolk Park. Continue past the Golf Club and the turn off to Bangalow. After the Welcome to Byron Bay sign, turn left into Old Bangalow Road. (Hualala Cafe is to the left and Eden Garden Centre to the right). Cross the railway tracks and follow the road to the left, winding uphill, #95 "Sangsurya" is on your left a few minutes up the road. Follow the steep driveway into the parking area.
JOINING POINT	Christine will meet all participants arriving by air into Ballina Byron Airport and arrange transfers to Sangsurya. John will meet all participants driving to Sangsurya.
ARRIVAL TIME	The retreat begins on Wednesday, 10th January, 2007, with the programme commencing at 6:00pm. You are free to arrive from 4:00pm in the afternoon.
DEPARTURE TIME	The retreat concludes at 2:00pm on Wednesday, 17th January. Due to the arrival of another group, extensions beyond this time are unfortunately not possible.
FACILITIES	Some rooms have en-suite and some share facilities. Linen and towels are provided. A separate beach/swimming towel is recommended. There is limited outdoor lighting at night time and a torch is a good idea.
MEDITATION	There will be morning and afternoon/evening meditation each day. There are some meditation cushions and chairs at Sangsurya however it is recommended that you bring your own meditation cushion and blanket plus yoga mat if joining the yoga.
STYLE OF PRACTICE	Mindfulness meditation in the tradition of the late Ajahn Chah from the Theravadan Forest Tradition of Thailand. This is designed to develop mindfulness and clarity enabling us to live wisely and compassionately amidst the challenges of daily life.
NOBLE SILENCE	There are two full days of noble silence to encourage quiet reflection during the retreat. On other days, silence will be encouraged until after breakfast. At lunch and dinner, those who would prefer to eat in silence can eat inside and those who would prefer to be sociable are encouraged to eat outside at the table on the balcony.
YOGA	Three yoga classes are included in the retreat. An experienced yoga teacher will be teaching these classes in the Sala at Sangsurya.
MASSAGE	An experienced masseuse will be available for massage on site at Sangsurya during the retreat. A booking sheet will be in the main dining room. This is an additional cost, depending upon the duration of your massage.
MEALS	Meals will be prepared by Deborah Preston, who regularly cooks at Sangsurya, using organic, vegetarian produce. Please advise if you have any special dietary requirements. There will be a roster for helping with minimal kitchen duties during the retreat, your help is appreciated and this is a traditional aspect to a retreat.

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PERSONAL CONSULTATION	There will also be the opportunity to book one on one discussions with John Barter. Please be mindful of not burdening other participants with personal concerns during the retreat and to discuss any such issues with John only.
SCHEDULE	Each day begins at 6:00am with either yoga or beach walk and meditation, followed by a schedule of instruction and discussion. The sala will be available during the day for additional meditation.
CLIMATE	Sub tropical Byron Bay enjoys warm summers and mild winters, the average temperature during the summer is 27c and in winter the average is 20c.
SUGGESTED ITEMS	A mixture of lightweight and warm, comfortable clothing, walking shoes, sandals, swim wear, sunhat, sunglasses, sunscreen, toiletries, insect repellent, first aid kit, beach towel. Camera, film, batteries, alarm clock, torch, water bottle, daypack.
LAUNDRY	Facilities are offered in town. Biodegradable soap is suggested for any hand washing requirements at Sangsurya.
NOTEBOOK	A notebook is recommended as you may like to take notes during John's talks. Prior to the retreat it is recommended that you consider the following: Why have I chosen to join this retreat? How would I like to make the retreat meaningful? What do I hope to achieve during this week of retreat and relaxation?
TRAVEL INSURANCE	Please ensure you have adequate travel insurance for the duration of your vacation. In the interests of keeping Tour costs to a practical minimum, Zululines has not taken out public liability insurance in respect of any aspect of the Tour.
SPENDING MONEY	Please allow enough money for massage, outings, taxis, items of a personal nature.
DONATION	It is a Buddhist tradition that teachers are supported by their students. A donation to John Barter has been included in the tour price. A donations bowl is in the meditation hall if you would like to make an additional donation upon departure.

This information is provided as a guideline only and may be subject to change.
Please ask Christine Lines for any additional advice or information.