

Te Moata Schedule

8-15 July 2017

The Path of Mindfulness - A 7 day residential retreat led by Stephen Archer

Mindfulness is an orientation to life through feeling-awareness of our natural state, moment by moment. It is developed through simple meditation practices which involve stilling the restless mind, relaxing the body and opening into the feeling of being. Mindfulness invites us to deepen self-awareness and liberate our attention to be more fully and joyfully in the present moment.

The process of mindful awareness makes use of the inherent ability of our mind and body to re-balance and sustain wellbeing, and discover positive new responses and responses to the challenges of life.

In a silent and tranquil environment the retreat will consist of some group sessions along with free time for retreatants to move with their own rhythm. Daily sessions include instruction, sitting and walking meditations and an enquiry period. This retreat is suitable for people who are new to the practice as well as those with experience of mindfulness.

Date: The seven day fully residential retreat will begin with a meal at 6pm on Saturday 8 July 2017 and finishes 12 noon on Saturday 15 July 2017

Cost: \$490 (covers food and accommodation) plus dana/koha payment for Stephen (please offer your dana payment at end of retreat).

Stephen Archer is a mindfulness educator and trainer. He is passionate about creating contexts where people can explore mindfulness and discover how it can assist them to access sustainable wellbeing and generate new and transformative perspectives. Stephen has been involved with mindfulness for over 35 years and began practicing mindfulness meditation while he was completing a degree in Eastern religions. He then trained for 13 years as an ordained Buddhist monk in the Thai forest tradition. Stephen facilitates mindful leadership and workplace programmes, and offers residential retreats and professional supervision for other trainers and practitioners. He is Director of Mindfulness Training, a Wellington-based service provider. www.mindfulness-training.co.nz and an associate of Mindfulnessworks www.mindfulnessworks.co.nz

To register please use online registration tool at www.temoata.org.

Email: temoata@xtra.co.nz Phone: 07 868 7698

8 – 10 September 2017

The Te Moata Charitable Trust would like to honour your generosity and commitment to Te Moata and invite you to the 'Friends of Te Moata' Retreat weekend with Beccy, Maniisha and other Trustees

This will be a co-created, community weekend with the freedom to experience the peace, beauty and sacredness of Te Moata and its surrounds in whatever way feels right for you ... meditation, bush walking, Dances of Universal Peace, music making, night-time fire, opportunity to walk the labyrinth, delicious wholesome food shared in heart-centered community

There will be no charge for this weekend but we will be asking for contribution of a koha towards food costs, and also your willingness to help with food preparation and clean up.

To book in please email beccydove@gmail.com **before the end of August**. Or phone 078627113 and leave a message :)

With grateful thanks for all your contributions; The Te Moata Charitable Trust

23 – 30 September 2017

Awakening our Natural Wisdom

A 7 day Insight Meditation retreat with Greg Scharf and Jill Shepherd

Vipassana or insight meditation is the simple direct practice of moment-to-moment observation of the mind/body process with relaxed, open and careful attention. Awareness infused with clear seeing reveals that whatever arises in our experience, is simply the natural display of impersonal conditions. As we learn to observe our experience from a place of stillness and balance supported by wise view, reality is accurately seen and liberating insight arises as a natural result. Loving-kindness or Metta meditation develops the heart's capacity for patience, acceptance, and forgiveness as we connect with and care for ourselves and others.

This silent retreat will draw primarily on teachings from the Theravada Buddhist tradition, emphasizing continuity of present moment awareness as the foundation for clear seeing and the arising of wisdom. The format will include instruction in both Insight and Loving-kindness meditation, an optional daily period of mindful movement, and meetings with the teachers.

Most of each day will be spent practising silent sitting and walking meditation, with some guided meditation instructions and opportunities for individual and group meetings with the teachers. It is suitable for both beginning and experienced students of meditation.

Greg Scharf began meditating in 1992 and has been teaching residential meditation retreats since 2007, including the annual 3 month retreat at the Insight Meditation Society where he is a core teacher. In his teaching Greg emphasizes the understanding that meditation is fundamentally an exploration of nature and natural processes. He also stresses the critical importance of bringing the qualities of kindness, compassion, and a sense of humour to practice.

Greg has a long-standing relationship with the country and people of Burma (Myanmar), where he trained as a Buddhist monk and where he works with a small humanitarian aid project which particularly targets education, health-care, and support of Buddhist Nuns. Currently living in the high country of northern Arizona, Greg's love of nature and the outdoors deeply informs both his practice and teaching.

COST: Early-bird rate until 22 July 2017 (unless sold out prior): \$650

Sliding scale: \$630 / \$790 + dana* (cost includes a contribution towards the teachers international airfares). Special diet surcharge applies.

To register: <https://www.eventbrite.co.nz/e/insight-meditation-one-week-retreat-with-greg-scharf-and-jill-shepherd-tickets-27296877696>

8 – 12 October 2017

Kahuna Principles for Self Healing with Gaylyn Aitken

More information to follow.

13 – 16 October 2017

Regaining your self love and feeling worthy again with Bhavna Nagar

How we relate to ourselves determines all of our experiences in life. It determines how we related and interact with our loved ones, work and the world around us. If we have poor self-relationship, then we have a conflicted relationship with ourselves and those around us. We perceive the world to be dangerous.

In this retreat participants will engage in mindfulness practices - sitting, walking and movement, have quiet moments for self- contemplation as well as formal talks, instructions and meeting with the facilitator. The retreat will help participants to improve their self love, understand what self-love entails and differentiate it from self-obsession.

Previous retreats participants have reported leaving with a feeling of greater peace, happiness, knowing who they are and liking themselves more as well as feeling stronger with a greater sense of personal freedom.

Bhavna is a clinical psychologist with 16 years of both clinical and mindfulness experience. She is originally from South Africa and has been in New Zealand since 2008. Since 2009 she has been using Mindfulness-based therapy and the Self-Love approach evolved out of that work.

In 2012, she opened her own practice Alive! Psychology was started because of her passion for life. She believes that life needs to be experienced fully. To "exist" or "get by" is not doing life justice. Through therapy and mindfulness she found her passion for life and discovered the ability to live life fully with all that it has to offer - the good and the bad. This is the focus of the Self-Love Approach - to live fully, authentically, enabling clients to find their way of reconnecting with life and expressing who they are fully.

COST: \$170 for food and accommodation (special diet charge applies) PLUS koha (donation) for Teaching

To register or for more details contact: Bhavna@alivepsych.co.nz ; 022 0843 095

20 – 29 October 2017

Loving Kindness - A Metta Meditation Retreat with Sister Viranani

More information to follow.

10 - 14 November 2017

Mindfulness and Qi Gong: The Art of Natural Ease

A four day silent mindfulness and qi gong retreat.

In this retreat, we blend qi gong and mindfulness meditation, taking the time to pay attention to our actual experience as we sit and as we move. When we do this we feel more open, grounded and alive. No matter what is going on in our life, in our thoughts, or bodies, mindfulness offers the opportunity to genuinely relax and let go. Qi gong is a wonderful Taoist movement system designed to improve the flow of energy (qi) in the body, create vitality and concentrate the mind.

You may arrive from 4pm onwards on Friday 10 November. We start with a meal at 6pm. We will finish at 2pm on Tuesday 14 November.

There is no religion, dogma or belief systems proposed in this retreat. Emphasis is given not to theory, but to your own experience. The retreat will be taught assuming some - even if it's brief - experience with meditation. No experience in qi gong is necessary.

Rachel Tobin has been practising meditation for over 25 years and is a qualified teacher in the moving mindfulness practices of qi gong. She is the director of *the art of mindfulness*, works individually with adults and children, teaches mindfulness in organisations and to the general public, and regularly facilitates 1-day and residential retreats. She is also a facilitator for the 8-week NZ mindfulness programme in schools, *Pause, Breathe, Smile*. Rachel's teacher is Spiritual Master Sri Yanchiji. Her spiritual journey, of re-discovering the natural and inherent joy that comes from simply 'being' - and waking up to the conditioning, thoughts and emotional patterns that eclipses that happiness - is increasingly informing her work with others.

COST: \$500 (includes 4 nights' accommodation, all meals and snacks and tuition and guidance from an experienced facilitator)

17 – 22 November 2017

Spring Yoga Retreat with Ondine Savage

Hatha Yoga Sydney is proud to announce its annual Spring Yoga Retreat. This is a wonderful opportunity to spend 5 blissful days immersed in yoga, meditation, workshops, "ME" time, gorgeous vegetarian fare, optional massage, bush walking and local beach excursions. There will be something for everyone.

Learn how to release tension, stress and anxiety from your body and mind and return home steeped in a sense of peace, calm and relaxation after having travelled deeper into your practice. Take this time to discover more about yourself and share a retreat adventure with other like-minded yogis.

All welcome. No previous yoga experience necessary.

Ondine Savage was born in New Zealand and graduated from the University of Auckland with a Bachelor of Music Performance degree in classical flute. She's lived and worked around the world in locations such as India, the UK and Spain.

While in Spain, she committed five years to full-time Yoga study under the guidance of Shrî Swami Shankaratilakânanda. Her training was orthodox and traditional in disciplines including Hatha Yoga, Vyayam Yoga, Vedic Dharma, Ayurveda, Meditation & Vedanta. Three years living in Rishikesh, in Northern India, gave Ondine experience in teaching classes while co-directing the establishment of a new Ashram and Monastery.

Ondine's passion for Yoga and the Art of Living is unwavering and evidenced by the energy she brings in sharing the teachings she so gratefully received. She's also a highly experienced teacher having taught in many studios as well as facilitating retreats, workshops and conferences in Australia and internationally.

Now based in Sydney, Australia, she welcomes the opportunity to bring her Sangha to her homeland to share the timeless and traditional practice of yoga during this special 5-day Yoga experience.

For more information and to register please

contact: info@hathayogasydney.com.au Website: www.hathayogasydney.com.au

23 – 26 November 2017

Labyrinth Retreat Quest with Jessica Fleming, Misha Crosbie and Cara Roberts

- Goddess Ritual Theatre

- Solo Questing time and Mandala Drawing
- Healing with Annie's Crystal Singing Bowls
- Walking the Sacred Labyrinth
- Goddess Beauty Evening
- Synchronicity Giveaway Ceremony
- Circle Dancing with Maniisha
- Earth Meditation from the center of the Labyrinth
- Mary Hunt Clairvoyant Dance

To register: Contact Jessica - jessica@soulpathjourneys.com 021 167 9557

Cost: \$420 NZD (\$100 deposit – non-refundable after September 1st 2017)

Internet payment to 12 3021 0326919 50 reference Surname and Labyrinth

1 – 3 December 2017

Authentic Movement Retreat with Connor Kelly - More information to follow.

4 – 11 January 2017

A Silent Meditation Retreat with Stephen Archer (Nyanaviro)

More information to follow.
