

Te Moata Schedule

4 – 11 January 2018

The Path of Mindfulness Retreat led by Stephen Archer (Nyanaviro)

In a silent and tranquil environment this retreat will consist of 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. The retreat is suitable for people who are new to the practice as well as those with experience of mindfulness.

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 to the challenges of life.

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

COST: \$515 (covers food and accommodation) plus dana/koha payment for Stephen (please offer your dana payment at end of retreat).

Booking <http://temoata.org/events/a-silent-meditation-retreat-with-stephen-archer-nyanaviro/>

25 – 30 January 2018

A Five Day Wisdom School with Pip Nicholls and Bev Silvester-Clark

A Wisdom School comes out of the ancient lineages of all indigenous and spiritual traditions, including the Christian contemplative path. This foundational Wisdom School has three purposes:

- First is to explore the breadth and depth of the teachings of the Western Wisdom tradition that come to us from insights and resources of contemporary teachers.
- Second is to work with the implication that deeper Wisdom cannot be known by the mind alone; it requires grounding in our entire being – body, mind and heart.

- Third is that living in this way doesn't mean that we become psychologically, morally or spiritually perfect. Such a myth might be called 'spiritual bypassing' so we'll also look at 'opening and including' those very aspects of ourselves, traditionally called sin or the shadow that we may have hoped we could avoid. This enables us to see and respond in a much more expanded, compassionate and humble way to all that life encompasses.

During this time together we work with core practices that sustain the embodiment of Wisdom: chant, meditation/contemplative prayer, *lectio divina*, qigong, some physical and practical work, contemplative dialogue, other practices that support the integration of that which we avoid, silence and rich conversation, time alone and play.

COST: \$350 for accommodation and catering plus **\$150.00** for the facilitation (we are happy to receive less or more as your circumstances permit)

For further enquiries and to register please contact: Bev Silvester-Clark at: bev.s-@outlook.com

2 - 5 February 2018

Te Moata Women's Gathering 2018

"Visioning and Grounding"

With Marnie, Suni, Kibriya and Beccy

Supported by the Te Moata Grandmothers Jessica, Misha, Shay, Wolf, Annie and others.

In numerology, 2018 is an 11/2 year.

In this Gathering we will look at the significance of these numbers. We will explore clear seeing, intuition, dreaming, visioning, revelation and understanding both for ourselves and for the greater good.

2018 calls us to cooperate, collaborate and communicate this deeper understanding as we look for ways to ground, grow and communicate the seeds of new beginnings that we committed to in 2017.

Gathering together on the sacred land of Te Moata we will create the safe container of a women's circle. Spending time in nature, on the labyrinth and in the other sacred circles, we will deepen through periods of silence, dancing, ritual, singing, sacred movement and sharing together.

COST: \$395 - \$100 deposit by Friday 15th December. Balance of payment due 12th Jan, 3 weeks before retreat begins

Scholarships - We are happy to offer some Scholarships. Please contact Kibriya by the beginning of December if you would like to apply at vtsampson@gmail.com

Also, for any general inquiries about the retreat, please contact Beccy at beccydove@gmail.com

16 - 18 February 2018

Private Group Booking

10 - 25 February 2018

Re-Scheduled - Yogacara presents a 200 Hour (16 Day Intensive Immersion) Yoga Teacher Training

This retreat has been re-scheduled for 10-25 February 2019

9 - 18 March 2018

AWAKENING THE HEART OF AWARENESS with Sharda Rogell and Jeremy Logan

This retreat is an opportunity to practice a way of being that embraces the path of wisdom and compassion based on the foundational teachings of the Buddha. It is an opportunity to enter the depths of silence, inwardly and outwardly, that allows for a spontaneous, skillful and open-hearted relationship with the moment-to-moment changing flow of life's experience. By paying attention in this way, we come to understand how to free ourselves from deeply held patterns and awaken to our essential goodness. We will explore together the question of where the true heart lies, through the encouragement of lovingkindness – including ourselves, others and all living beings in the world, without distinction.

During this retreat, we will draw on the meditative practices of sitting, walking, work meditations and heart practices, along with dharma talks, individual and group discussions to steady and sustain us and to enliven our hearts. Held in noble silence, there will be opportunities to practice together as well as open times to find your individual rhythm in the retreat. This retreat is suitable for new and experienced students alike.

Sharda Rogell has been practicing and teaching meditation for over 35 years and teaches in the U.S, Canada, Iceland and New Zealand. She is on the Teacher Council at Spirit Rock Insight Meditation Centre in northern California near her home. Sharda has been influenced by many different Buddhist traditions, as well as by her root teacher, H. W. L. Poonja during her many trips to India. She has also been a student of A. H. Almaas in the Ridhwan School for the past 14 years.

Jeremy Logan has studied and practiced insight meditation for the past twenty-eight years, and has been teaching retreats throughout New Zealand since 1993. He lives in the Wairarapa and works as a counselor, supervisor and manager of a family violence prevention service.

TE MOATA COST: \$720 PLUS DANA FOR TEACHERS. Special diet surcharge applies.

To register please book through our website www.temoata.org

20 - 22 April 2018

Ecotherapy - An Invitation and Introduction to using Nature in the Therapeutic Process

More information to follow.

Kerryn Coombs-Valeontis (B.Ed. M. App. Sci. Social Ecology, Dip. Transpersonal Art Therapy, Certificate Organic Agriculture)) Kerryn is an Art Therapist and Horticultural Therapist, working in mental health, in Sydney, Australia. She is also a teacher, poet and artist, who grew up in Aotearoa, NZ. She was commissioned to develop this course, for the Horticultural Society of NSW in 2012. She has taught it to over 50 participants. It has developed from her years of working in the community and mental health sectors, and as an Art and Horticultural Therapist.

26 - 29 April 2018

A Women's Silent Retreat 2018 - *Offer yourself the gift of silence*

On the sacred land of Te Moata we will create a nurturing and supportive container where we as women can spend time with ourselves. We will slow down and connect with the trees, waters and land of Te Moata. Optional activities will include meditation, chanting and walking the labyrinth.

This is a special opportunity for you to rest deeply, to re-member who you are and to emerge refreshed and nurtured.

COST: \$370 {includes \$100 registration}

Any enquiries please contact: Marnie at marnie.n@xtra.co.nz 06 3230401 or 0274657678

Please register directly through this retreat listing on the website www.temoata.org

12 - 25 May 2018

Permaculture Design Course with Trish Allen and Daniel Tohill

13 day intensive residential course. This Course fulfils the standard requirements of the international permaculture curriculum. All participants who complete the course will receive a Permaculture Design Certificate.

Te Moata is the perfect place for a winter residential PDC. Comfy beds, warm fires, good food, alternative power. New gardens and orchard designed by previous PDCs. Set in 800 acres of native bush, looking down on the beautiful Coromandel coastline. A short distance to Hot Water Beach and Cathedral Cove.

The course will:

- Give you a good understanding of the ethics, principles and patterns of permanent design
- Cover sustainable living systems for a wide variety of landscapes and climates
- Convey a general understanding of a wide range of common strategies and techniques
- Explore the implications of social change towards ecological sustainability
- Assist each student to access resources required to actively take the course philosophy and methodology into their future life.

About the tutors:

Trish Allen: Trish and her late husband Joe Polasicher founded the iconic, award-winning Rainbow Valley Farm in 1988 on permaculture principles and ethics. The farm inspired thousands of people over 25 years in sustainable living and demonstrated the principles of permaculture in action. Trish has now moved on and established a village-scale model of permaculture and shares her knowledge by teaching permaculture-related courses and workshops.

Daniel Tohill: Daniel has worked for over 20 years as a landscape designer and environmental consultant with a propensity toward ecological designs that have won him awards for his innovative and artful work. His work has taken him all over the country and occasionally abroad in the last 20 years doing over 1000 small and large landscape designs in rural and urban areas plus a diverse range of specialist projects.

COST – \$1,800 fully inclusive of tuition, accommodation and food. Special diet surcharge applies.

Please register directly through this retreat listing on the website www.temoata.org

7 - 13 July 2018

A Winter Meditation Retreat with Nyanaviro (Stephen Archer)

More information to follow.

13–16 September 2018

Reflective Meditation: Mindful, Creative, Secular with Linda Modaro and Ramsey Margolis

More information to follow.

11 – 15 October 2018

A Wisdom School with Cynthia Bourgeault

All enquiries can be directed to bev.s-c@outlook.com

10 - 25 February 2019

Yogacara presents a 200 Hour (16 Day Intensive Immersion) Yoga Teacher Training

This 16 day intensive immersion Yoga Teacher Training certifies graduates as 200 hour Hatha and Vinyasa Yoga teachers.

Inquiries to Yogacara; www.yogateachertrainingyogacara.com
