

The Moata Schedule

2 – 4 March 2018

Silent Meditative Retreat With Br. Shraddhamrita Chaitanya, a monastic disciple of Sri Mata Amritanandamayi Devi (Amma)

This Silent Meditative Retreat reinforces existing spiritual practices and provides the foundation for a lifetime of meditation practice. Connecting with this sacred and ancient wisdom within ourselves brings meaning to life. Benefits include clarity and strength of mind to achieve your goals, staying centred in an ever-changing world and overcoming stress and tension. Amma's simple technique of breath awareness infused with the MA OM mantras and open observation makes this retreat suitable for all levels of experience in meditation from beginner to advanced. Meditation format alternates between guided meditation, silent sitting and silent walking sessions.

Brahmachari Shraddhamrita Chaitanya is a monastic disciple of the renowned Indian spiritual leader and humanitarian, Mata Amritanandamayi, known as Amma (meaning mother). Amma is an embodiment of unconditional Love, flowing unceasingly towards all mankind. People from all over the world seek her out for help with the problems of their lives and for spiritual counsel. Amma's compassion for suffering humanity has resulted in many charitable projects in India. Some of these are: 3 million patients treated free of charge at hospitals since 1998; 45,000 houses built for the homeless since 1997; 69,000 lifetime pensions distributed for widows and the disabled; 51,000 scholarships for children in poverty and 100,000 women helped to start their own businesses. Also, since 2004, 70 million in disaster relief has been distributed internationally. Recently Amma has donated 15 million USD to the Govt of India towards the Clean Ganges River project.

COST: \$165 per person (includes vegetarian meals and comfortable accommodation). Special food requirements are charged at \$10.00 extra per day.

Check-in from 4pm on Friday. The Retreat starts at 7.30pm and ends Sunday after lunch. The Retreat is open to 18 year olds & above only. To make any enquiries or to request a Registration Form to book for the Silent Meditative Retreat, please send an email to: ammasatsangnz@gmail.com Contact: Patricia 09 483 8486 or 027 340 2595. Amma New Zealand Incorporated are sponsoring Br Shraddhamrita Chaitanya's visit to NZ.

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

Nature Based Therapy (Ecotherapy) - An Invitation and Introduction

For: people wanting to/working on social and therapeutic horticulture and nature based projects, suitable for:

- Counsellors
- Psychologists
- Drug and alcohol workers
- Youth workers
- Community gardens
- Childcare/aged care workers
- Art/occupational/ diversional therapist
- Group facilitators
- Mental health nurses/workers

COURSE INCLUDES

- Introduction to Nature Based Therapies
- Relevant theoretical frameworks
- Evidence base of benefits working with nature
- Group facilitation skills specific to working with nature contexts
- WH&S considerations
- Program development
- Participate in inspiring activity ideas
- Presentation from a previous participant (2017) of her own model “Puawai” (to bloom) in family violence work

Kerryn Coombs-Valeontis (B.Ed. Master App. Sci. Social Ecology Dip. Transpersonal Art Therapy Cert. Horticultural Therapy Cert. Organic Agriculture) 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

COST: (NZ) \$395 early bird paid by 25 February 2018 \$445 after this date. All vegetarian meals and accommodation included.

Enquiries /bookings; kvaleontis@gmail.com (www.earthcreateheal.com)

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 - 14 July 2018

The Mindful Way - A 7 day Residential Retreat led by Stephen Archer

The practice of mindfulness involves a direct orientation to the centre of our awareness, and the steady sense of being present with ourselves. This deepening process invites the ongoing relaxation of our habitual resistance, distraction and withdrawal from life, and promotes the feeling of coming to rest in natural wellbeing.

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

Stephen Archer is a mindfulness educator. He is passionate about creating contexts where people can explore mindfulness and discover how it can assist them to realise sustainable wellbeing and generate new and transformative perspectives. Stephen has been involved with mindfulness for over 35 years. Since 2006 he has been studying with Yanchiji at Tushita Hermitage, Northland. He originally began practicing mindfulness meditation while completing a degree in Eastern religions and 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 www.mindfulness-training.co.nz and an associate of Mindfulness Works www.mindfulnessworks.co.nz

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

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

13–16 September 2018

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

During this retreat, **Linda Modaro** and **Ramsey Margolis** will teach an open meditation practice that will be followed by reflection and journalling. What's in your mind and heart matters deeply and does not need to be separate from your meditation practice. Their [meditation instructions](http://satisangha.org/meditation) are simple and easy; you cannot do them wrong, and this allows your meditation to be a process, rather than something you do right or wrong. The roots of this practice are found in the Buddha's early teachings, and are based on learning to trust the ways of knowing that develop in meditation, enabling you to be more responsive and creative.

ABOUT THE TEACHERS

Linda Modaro

Meditation and dharma teacher, Linda Modaro has been studying and teaching various meditation practices for over thirty years. Though no longer seeing patients, she is an acupuncturist and in her youth produced moving meditation videos, *Discovering Chi: Energy Exercises for the Beginner, Intermediate, and*

Advanced. Her introduction to Buddhist meditation was with vipassana meditation, and she began teaching recollective awareness meditation in 2008. Recently, Linda decided to form Sati Sangha[satisangha.org], a non-profit organisation that enables her to continue teaching meditation on a donation basis for her livelihood. Offering unique and individualised mentorship to meditation teachers, Linda encourages a blending of mindfulness, insight, and reflective meditation. She travels throughout the USA and internationally when invited to teach workshops and retreats. In California, where she lives, she works with small groups and individuals in person, and connects online with meditators around the world on an ongoing basis.

Ramsey Margolis

Ramsey started meditating in 1995. He has been organising dharma communities and events, as well as creating websites and sharing his love of the dharma by writing and producing Buddhist newsletters since 2000, taking a break to work for Cooperative Business New Zealand as Executive Director between 2006 and 2013. *'A secular meditation practice is relevant for today, concerned with the suffering felt in this world, of the life that has emerged through evolution, on this planet'*

He teaches at One Mindful Breath [www.onemindfulbreath.org.nz/ramsey-margolis], Wellington's secular dharma practice community, where he is a member of the care committee. Ramsey founded Aotearoa Buddhist Education Trust [abet.org.nz] in 2009 and continues to chair the organisation, and in 2010 set up the Secular Buddhism in Aotearoa New Zealand [secularbuddhism.org.nz] website.

COST: \$390 plus dana for the teachings. The fee to take part in this retreat will cover Te Moata's costs – accommodation, wonderful vegetarian meals, etc. and contributes towards teachers travel expenses, and Linda's accommodation in New Zealand before and after the retreat. If you have any questions or special requests, phone or text Ramsey on 021 97 35 31 or send an email[ramsey@3531.nz].

To book a place on this retreat deposit \$100 into 02 1246 0675192 02 before 20 June 2018 *and send us an email*[onemindfulbreathnz@gmail.com] letting us know you've done this. Your deposit is refundable in full before 20 August 2018. Your second payment of \$290 should be made no later than 20 August 2018. Complete information for those attending this retreat will be sent out at the end of August.

GENEROSITY

Linda and Ramsey will not receive a fee for sharing their knowledge of the dharma. They will be at Te Moata because they have received support from others, and we ask that at the end of the retreat you make a donation – give dana – for the teachings so that others may benefit. Dana can be given in cash or by internet bank transfer. Generosity such as this has sustained dharma teachings since the time of Gotama, the Buddha, more than 2,500 years ago; dana is an acknowledgement of our interconnectedness and our interdependence.

PAYING FORWARD IN THIS WAY, YOUR GENEROSITY WILL BE GREATLY APPRECIATED BY PEOPLE YOU MAY NEVER MEET

Thanks to support from Aotearoa Buddhist Education Trust[abet.org.nz], you can support Linda's travel costs and their teachings by making a charitable donation via bank transfer to 38 9019 0064662 06. New Zealand taxpayers will receive a receipt that may allow them to receive a tax rebate on your donation(s) from the IRD. Overseas donors please send us an email[onemindfulbreathnz@gmail.com] for international bank transfer details. You can donate through PayPal to dana@secularbuddhism.org.nz.

GENEROSITY IS THE HABIT OF GIVING FREELY WITHOUT EXPECTING ANYTHING IN RETURN

Set up in 2009, the Aotearoa Buddhist Education Trust enables more people to attend more retreats and workshops in New Zealand offered by highly-regarded insight meditation and secular dharma teachers, more often and more affordably.

11 – 15 October 2018

A Wisdom School with Cynthia Bourgeault

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

17 – 18 November 2018

Private Group Booking

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
