

**BHAVANA DHAMMA
(WOOD COTTAGE) RETREATS
THE FOREST HERMITAGE, LOWER
FULBROOK, WARWICKS. CV35 8AS
TEL. 01926 624 564/101**

www.foresthermitage.org.uk

Email: enquiries@foresthermitage.org.uk

**BHAVANA DHAMMA RETREATS
BOOKING FORM**

PLEASE READ THROUGH ALL OF THE INFORMATION BELOW CAREFULLY BEFORE FILLING IN THE FORM ON PAGE 2.

GENERAL INFORMATION

ACCOMMODATION: This is mostly in shared rooms.

NOBLE SILENCE: You are asked to not engage in any talking with each other, or with anyone else, unless it is really necessary. Questions can be written down and put in the question box. These will be answered during the meditation sessions.

ONE MEAL A DAY: In line with the original Thai Forest Tradition only one meal a day is eaten. This rule encourages simplicity and contentment with little and it gives us more time in which to meditate. Also, you should avoid using milk, soya milk, Ovaltine and Horlicks outside of meal time.

READING: *"There's only one book worth reading - the mind"*. (Ven. Ajahn Chah). You should avoid reading anything else while at Bhavana Dhamma.

MOBILE PHONES: To avoid distraction we ask you to hand in your mobile phones on arrival. They will be kept safely until the end of the retreat.

**---- EVERYONE ATTENDING IS EXPECTED
TO COMPLETE THE WHOLE RETREAT ----**

RETREAT SCHEDULE: The schedule for the first evening is as follows:

Arrival: Bhavana Dhamma 6 - 7pm

Orientation Talk: Bhavana Dhamma Kitchen 7.15pm

Opening Meditation: Shrine Room 8pm

Retreats finish at around 4:30 pm.

A TYPICAL RETREAT DAY:

You are asked to participate fully in the daily schedule.

5:30 am: Wake-up bell.

6:00: Morning sitting.

7:00: Tea, wash etc.

8:00 Work period.

8:40: Meditation (walking and sitting),
Dhamma Talk.

11:00: Meal, free time.

1:30 pm: Meditation (walking and sitting with
a tea break).

5:40: Break and hot drink.

6:40: Meditation (walking and sitting).

8:00: Evening chanting, meditation and
Dhamma Talk.

9:30: Free time.

THE EIGHT PRECEPTS:

Guests at Bhavana Dhamma follow the eight precepts as prescribed by the Buddha. These are:

1. To refrain from taking life.
2. To refrain from stealing.
3. To refrain from sexual activity.
4. To refrain from telling lies.
5. To refrain from alcohol and drugs.
6. To refrain from eating after noon.
7. To refrain from dancing, singing, music, watching shows, and wearing perfumes & cosmetics.
8. To refrain from high & luxurious seats & beds.

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BHAVANA DHAMMA RETREATS BOOKING FORM

RETREAT YOU WANT TO ATTEND:

DATE:

FULL NAME:

DATE OF BIRTH:

GENDER:

PROFESSION:

NATIONALITY:

ADDRESS:

POSTCODE:

PHONE NO:

EMAIL ADDRESS:

NEXT OF KIN OR CONTACT PERSON:

THEIR ADDRESS:

THEIR PHONE NO:

DO YOU HAVE ANY SERIOUS MEDICAL PROBLEMS, EITHER PHYSICAL OR MENTAL?:

BRIEF DETAILS (if yes):

PLEASE STATE BRIEFLY ABOUT ANY PREVIOUS EXPERIENCE OF MEDITATION AND ANY

RETREATS:

If accepted, while staying at Bhavana Dhamma I will live by the eight precepts and try to follow the schedule laid down.

NAME:

DATE:

Please Note: Acceptance on a retreat or to stay at Bhavana Dhamma is at the discretion of the Abbot.

Would you like to be put on our email list?:

Yes please

No thanks