



TIBETAN BUDDHIST RIME INSTITUTE

BUDDHISM FOR BEGINNERS AND MEDITATION RETREAT

A PATH FOR PEACE AND PURPOSE

Retreat Location



Maitripa Contemplative Centre

528 Myers Creek Road, Healesville
Ph: 5962 6167 Melways Ref: 270C1

Located in the beautiful Upper Yarra Valley, six and a half kilometres from Healesville, the Maitripa Contemplative Centre is an hour and a quarter drive from Melbourne's CBD. Maitripa is set on 50 acres of forest and gardens established early in the twentieth century with beautiful walks, vistas and ample parking.

Maitripa Centre has simple live-in accommodation. Rooms are single with twin share available. Shared shower/toilet block. Three tasty and nutritionally balanced vegetarian meals are provided each day. The Maitripa Centre also has its own café, Dogen's Café.

WHAT TO BRING

Some useful things to include when packing:

- Toiletries, personal care items and a bath towel
- Loose and comfortable clothing
- Walking shoes if you are a bushwalking type
- Shoes that are easy to slip on or off for walking between buildings
- Sunscreen and a hat for summer



TIBETAN BUDDHIST RIME INSTITUTE

- Warm clothes/jacket for evening
- Insect repellent
- Torch
- Notepad and pen

Getting to Maitripa

Need a lift?

If you need a lift please contact us and we will endeavour to match you with someone coming from an area near you. Please note, we can't guarantee a lift to everyone who needs one.

I can offer a lift?

Let us know if you can take extra people to the retreat.

Public Transport

For precise details on how to get to the Maitripa Centre using public transport, go to <https://www.ptv.vic.gov.au/>

If you are coming from interstate or overseas via Melbourne airport you will need to take a bus to Southern Cross Railway Station, a suburban train to Lilydale station (the Lilydale line), a bus to Healesville and a taxi to the Maitripa Centre (approximately 8 klm).

If using the above website to find out how to get to the Maitripa Centre, the last stop of your journey will be Maroondah Highway/Green Street, Healesville. For a taxi, call 59624722.

By car

If you plan to drive to the Maitripa Centre, go to www.google.com for detailed directions and a map.

- If you are using a Melways, the reference is 270C1
- From Healesville, turn into St Leonards Road, which becomes Myers Creek Road
- The Maitripa Centre is approximately 6.5km from the beginning of Myers Creek Road



TIBETAN BUDDHIST RIME INSTITUTE

- Park in the upper car park

The journey is usually about an hour and a quarter drive from Melbourne CBD. If you require any help with directions on the day you can call the Maitripa Centre on 5962 6167

GENERAL RULES

- Mobile phones should be kept to a minimum. Other technologies should be left at home, eg: laptops
- Visitors are not allowed. Participants should endeavour not to leave the retreat unless for essential business or family matters or medical reasons.
- Please be punctual to all sessions
- Please be mindful of noise during the retreat as there may be other groups using the site
- Out of respect for teachers, we ask that participants attend all sessions
- It is recommended that any personal items be kept locked in your room. Maitripa and the Tibetan Buddhist Rime Institute cannot be held responsible for any items left around the property that are stolen or damaged
- Please be wary of wet, slippery or rough surfaces and steps when walking around the property. Maitripa and the Tibetan Buddhist Rime Institute cannot be held responsible for any injury incurred onsite
- A laundry is available onsite for hand washing. No washing machines are available.
- No incense or candles are to be used
- The venue is smoke and alcohol free

FOOD/MEDICAL ISSUES/CHEMIST

If you have a serious food allergy or medical condition we should know about, please indicate this on the registration form and /or inform us by email to discuss as soon as possible. If you require medical supplies during the retreat, please talk to one of the retreat volunteers who will organise someone to pick them up for you.