

INFORMATION SHEET

GURU RINPOCHE RETREAT 2018



19 July (Thu) 2018 7pm - 22 July (Sun) 2018 5pm

Welcome! We rejoice in your merits in joining our upcoming Guru Rinpoche Retreat 2018! We hope this information sheet will help you prepare for the Retreat.

General information

2-way bus transport between Thekchen Choling Singapore and Retreat Venue/ Kota Heritage Hotel and Hotel Cascada is available for participants who indicated they required transport on 19 July (Thursday) at 7pm and 22 July (Sunday) night (Subject to changes).

Thekchen Choling (Singapore)
2 Beatty Lane, Singapore 209945

Retreat Venue
691 Tai Hong Village Kota Tinggi 81900 Johore Malaysia

For participants taking own transport, please do inform the committee if you are driving, due to limited parking spaces. The organisers will not be liable for any loss or damage to the car or any belongings inside the car.

Please apply your own visa (for Malaysia) and purchase your travel insurance.

We accept both Singapore Dollar and Malaysia Ringgit only for all transactions during the Retreat.

Accommodation

Accommodation at Retreat Venue dormitory is provided but **limited for the 1st 100 signups** only. Dormitory will only be opened at 19 July 2018 (Thursday), 7pm. Subsequent registrants or participants whom choose to stay at hotels at Kota Tinggi Town are to make their own booking through online portals like **booking.com or agoda.com**.

The recommended hotels to book are:

Kota Heritage Hotel
No 11 - A Jalan Seri Warisan 1, Kota Heritage Commercial Center, 81900 Kota Tinggi, Johor, Malaysia
Phone: +60 7-883 3866

Hotel Cascada
41, Jalan Kolam Air, Taman Medan Indah, Pekan Kota Tinggi, 81900 Kota Tinggi, Johor, Malaysia
Phone: +60 7-880 1888

Hotel Shuttle Bus

2-way shuttle bus is provided from pickup point at both **Kota Heritage Hotel and Hotel Cascada (only)** to Retreat Venue. Participants staying at other hotels are to make their own way to the pickup point. Timing for pickup will be informed at a later date.

Retreat Programme

Departure

Date: 19 July 2018 (Thu)
Registration time: 7pm Sharp
Venue: Thekchen Choling (Singapore)
2 Beatty Lane Singapore 209945

Please have your dinner before registration. Boarding of bus at 7pm. Estimated time of arrival at Kota Tinggi, Malaysia at 11pm (subject to traffic conditions).

Return

Date: 22 July 2018 (Sun)
Departure: 5.00pm (Estimated)
Time of arrival: 12midnight (At Thekchen Choling Singapore)
(subject to traffic conditions)

19 July 2018 (Thu) 2018 年 7 月 19 日 (星期四)

7.00pm	Registration 登记
7.30pm	Boarding of Bus at Thekchen Choling (Singapore) 于大乘禅寺搭乘巴士
11.00pm	Arrival at Kota Tinggi (Estimated time of arrival) 抵达哥打丁宜 (预计时间)

20 July 2018 (Fri) 2018 年 7 月 20 日 (星期五)

7.30am	Breakfast 早餐
8.30am	Admission 入场
9.30am	Commencement of Retreat 闭关开始
1.00pm	Lunch 午餐
2.00pm	7 Line Prayer Recitation & Teaching 祈请文念诵与佛法讲座
4.00pm	Tea Break 茶点
4.30pm	7 Line Prayer Recitation & Teaching 祈请文念诵与佛法讲座
6.30pm	Dinner 晚餐
7.30pm	7 Line Prayer Recitation & Teaching 祈请文念诵与佛法讲座
9.00pm	Tea Offering to Palden Lhamo 吉祥天母法会
10.00pm	End of Session 供修圆满

21 July 2018 (Sat) 2018 年 7 月 21 日 (星期六)

7.30am	Breakfast 早餐
8.00am	Admission 入场
9.00am	Teaching 佛法讲座
10.00am	100,000 Tsog Offering Puja 荟供法会
1.00pm	Lunch 午餐
2.00pm	100,000 Tsog Offering Puja & Teaching 荟供法会与佛法讲座
4.00pm	Tea Break 茶点
4.30pm	100,000 Tsog Offering Puja & Teaching 荟供法会与佛法讲座
6.00pm	Group Photo-taking 团体照
6.30pm	Dinner 晚餐
8.30pm	Tea Offering to Palden Lhamo 吉祥天母法会
9.00pm	End of Retreat 供修圆满

22 July 2018 (Sun) 2018 年 7 月 22 日 (星期日)

7.30am	Breakfast 早餐
8.00am	Admission 入场
9.00am	Teaching 佛法讲座
11.00am	Animal Liberation 放生活动
12.00pm	Lunch 午餐
1.00pm	100,000 Tsog Offering Puja & Teaching 荟供法会与佛法讲座
3.00pm	Tea Break 茶点
3.30pm	100,000 Tsog Offering Puja & Teaching 荟供法会与佛法讲座
4.30pm	Lighting of Prosperity Dragon Incense 供奉兴旺龙香
5.00pm	Boarding of Bus for return to Singapore 搭乘巴士回返新加坡

**Retreat program may be subjected to changes. 闭关节目将有可能有所更改。*

**There will be a Refuge Ceremony held during the Retreat. 闭关当中，将会举行皈依仪式。*

What is expected of me during the Retreat?

The Retreat Centre is a mandala or Buddha field. Performing a retreat with focused practice led by Rinpoche in a mandala is indeed a rare opportunity. Let us treasure this opportunity and create a mutually supportive learning environment by following some basic principles:

- (1) be prepared to renounce to comfort,
- (2) practice mindfulness and compassion,
- (3) be open and non-judgmental,
- (4) ask questions if in doubt,
- (5) be engaged in voluntary work,
- (6) always be thankful and rejoice,
- (7) follow instructions as given and practice wholeheartedly,
- (8) be punctual and diligent.

Participants must switch off their mobile phones or other electronic devices during the Retreat. Only stay within the restricted area. Please focus on your practice.

Accommodation & Meals

Stay in dormitory-style accommodation with bunker beds (include mattress, bedsheet and pillow only, NO blanket provided) and shared common toilets and showers (cold water only).

All food served will be vegetarian during this retreat. If you have any food allergy, please inform us in advance. You are also encouraged to prepare your own utensils, mug (for hot drinks) and water bottle so as to reduce the amount of garbage collected.

Children attending Retreat

Parents/ guardians will need to make arrangements to take care of their children/ ward during retreat to ensure that the retreat environment is conducive for all. Any accompanying helper will need to be registered as a participant even if they are not attending the retreat.

What to Wear

All participants are encouraged to wear white t-shirts during the Retreat. Bure and Tangju should be worn by participants who have taken refuge.

What to Bring

Please bring:

Travel documents: Passport (with relevant visa for entry to Malaysia as needed), travel insurance, work permit (employment in Singapore)

Personal health: First aid kit, medicine, insect repellent/bites cream, antibacterial gel/wipes, toiletries (shower gel, shampoo, etc)

Clothing/shoes: White t-shirts, sweater / jacket / cardigan, trouser / shorts, socks (some parts of the building may be cold), comfortable clothing, comfortable shoes, slippers.

Practice: Prayer beads (mala), counter, cushion seat, dorje & bell (if any)

Meals: All are encouraged to bring their own utensils and mug to reduce garbage.

Others: Toiletries, bath towel, umbrella/poncho, torch, shoe bag (can be plastic bag), sleeping bag/blanket (COMPULSORY as the dormitories are cold at night). Ear plugs, eye mask. FM Radio with earphones for chinese translation.

Kindly note all offerings and transactions during the retreat can be made in either Singapore dollars or Malaysian ringgits

Money offerings for Sangha is encouraged. You may prepare in advance.

**Avoid bringing valuable items and bulky luggage (due to limited space in the dormitories). Lockers will also be provided for safekeeping of any valuable items.*

Language

Teachings will be in English (translation in Chinese will be provided). Please bring along a FM radio.

Additional Notes

Disclaimer: All participants are responsible for their personal items, actions and safety. Thekchen Choling (Singapore) will not be held responsible for any item lost nor any injury and accident during the Retreat. Participant shall indemnify and NOT hold Thekchen Choling (Singapore) against any damage, claim, loss caused to the Meditation Center or other property or third party attributable to his/her own act or omission or by any person related to him/her.

Picture / video: Participant may be taken in picture or video during the Retreat. Your image may be used by Thekchen Choling (Singapore) for marketing activities. If you do not wish your image to be used, you have the option to opt-out by sending us an email to outreach@thekchencholing.org with the words "GR RETREAT - NO IMAGE" in the subject line.

Cancellation policy: We regret that no refund will be made once payment is completed.

Contact Information

For any queries, please contact:

Thekchen Choling (Singapore)
2 Beatty Lane
Singapore 209945

Contact Person: Sherry Lim
Phone: 6466 3720
E-mail: outreach@thekchencholing.org (Subject: GR Retreat)