

INFORMATION SHEET

STOP. BREATHE. LIVE. 2017 RETREAT

23 November (Thu) 2017 7pm - 26 November (Sun) 2017 6pm



Welcome! We rejoice in your merits in joining our upcoming 2017 Teaching Retreat! We hope this information sheet will help you prepare for the Retreat.

Travel information

2 way bus transport between Thekchen Choling Singapore and Retreat Venue/ Kota Heritage Hotel is provided on 23 November (Thursday) evening 7pm and 26 November (Sunday) night (Subject to change).

Thekchen Choling (Singapore)

2 Beatty Lane, Singapore 209945

Retreat Venue

691 Tai Hong Village Kota Tinggi 81900 Johore Malaysia

Participants are recommended to take the bus provided and NOT to take their own car. If you are obliged to take your own car, please inform us. All cars have to be parked outside temple premises due to non-availability of parking lots within temple. The organisers will not be liable for any loss or damage to the car or any belongings inside the car.

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

Accommodation

Accommodation at Retreat Venue dormitory is provided but **limited for the 1st 100 signups** only. Late 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

Rest Inn Hotel

1-4, Jalan Abdullah, Pekan Kota Tinggi, 81900 Kota Tinggi, Johor, Malaysia

Phone: +60 7-882 7777

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 **Kota Heritage Hotel and Hotel Cascada** to Retreat Venue. Participants staying at other hotels are to make their own way to the pickup point. Timing for pickup will be at 7am in the morning. All hotel participants are to gather at the lobby of Kota Heritage Hotel and Hotel Cascada at **6.45am**.

Indicative Retreat Programme

Departure

Date: 23 Nov 2017 (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 10pm (subject to traffic conditions).

Return

Date: 26 Nov 2017 (Sun)
Departure: 6.00pm (Estimated)
Time of arrival 10pm (At Thekchen Choling Singapore)
(subject to traffic conditions)

Daily routine during the Retreat

Retreat Programme will be informed at a later date.

Estimated time of start of activities on 24 Nov (Fri) would be 8.30am. The programme will be confirmed upon your arrival at the Centre.

What is expected of me during the Retreat?

The Meditation 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). Men and women will stay in separate areas, to the extent practicable.

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

As advise from Rinpoche, the retreat is only open to children 13 years old and above.

Parents whom have registered for children below 13 years old would have already been informed by the organisers. For further questions, please feel free to reach out to us.

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), mani wheel, counter, cushion seat, ritual implement (Dorje, Bell, Damaru, for those who have)
- 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.

**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 provided). Please do prepare a FM Radio with earphones for chinese translation.

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 "TEACHING 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

Phone: 6466 3720

E-mail: outreach@thekchencholing.org (Subject: SBL Retreat)