

ABOUT OUR RATES

The teaching and service from the teachers, coordinators and volunteers at Gaia House is offered freely. Our retreat rates cover the cost of food, accommodation and teachers' travel expenses. They also contribute to our management and support costs, including administration and maintenance of our building and grounds.

The practice of Dana

In the Buddhist tradition, the teachings are offered freely because they are considered priceless. 'Dana' is a Sanskrit/Pali word that connotes the virtue of generosity, and the practice of Dana means offering a donation given from the heart.

During your retreat you will be invited to offer Dana for the teachers who have guided your retreat or practice, for the coordinators who care for our retreatants and retreat space, and for the support of Gaia House. This is an invitation to participate in the spirit of generosity that has sustained the tradition and teachings for around 2,500 years.

What the rates mean

Standard: Covers the basic running costs of your stay and is the rate we ask everyone to pay if they can.

Supported: For anyone who feels that they cannot afford the standard rate; available online or when booking by telephone.

Sponsor: A benefactor rate, which helps others to come here on the supported rate; available online or when booking by telephone. Please note that the sponsor rate includes a non-refundable donation.

Young Persons: For young people aged 16-25 years without the financial means to meet the costs of coming on retreat. To book your place, please phone our Reception team on 01626 333613.



For information about rates for personal and work retreats please see our website.

ABOUT OUR RETREATS

Our retreats are predominantly based in the practices of Insight (Vipassana), Loving-kindness (Metta) and Zen meditation, and are taught by leading meditation teachers. All retreats are held in silence, with the exception of the Family Retreat.

Retreatants receive guidance and support from the teachers through Dharma teachings, meditation instructions and discussion in small groups and/or individual meetings. 'Dharma' is the term used in the Buddhist tradition to refer to the teachings of the Buddha.

The daily retreat schedule at Gaia House consists of alternating periods of walking and sitting meditation. Retreatants participate in a one-hour work period to help look after the house and gardens, and there is a rest period after lunch.

Retreats begin in the early evening of the first day with registration by 5pm to enable you to settle in before tea at 6pm. Retreats of two or three nights will end at around 4pm and longer retreats finish at lunchtime on the last day. We will inform you of any exceptions to our normal times via email.

The silence is lifted during registration, and at the end of each retreat there is also a short non-silent period.

We ask you to commit to attending the entire retreat. If, for any unexpected or urgent reasons, you are unable to do so, please let us know.

Group retreats

Group retreats are teacher-led and the programme includes retreats suitable for beginners as well as experienced meditators. The teacher aims to clarify the nature of meditation practice, explore its application in daily life, and/or explore the nature of human experience in the light of Dharma teachings.

The group joins together in following the daily schedule, offering a peaceful and safe experience for newcomers.

Sitting meditation is divided into manageable sessions throughout the day, so that you get plenty of time to stretch your legs and enjoy the beautiful grounds. We provide meditation mats, blankets, cushions, benches and chairs

for sitting meditation. You can use the posture you find the most comfortable.

Personal and work retreats

For experienced meditators seeking longer-term solitary retreat, we offer personal and work retreats. These are available to those with prior experience of at least two week-long group retreats, of the kind offered at Gaia House, and an established meditation practice. To apply, we invite you to complete a Retreat Application Form, which is submitted for teacher approval.

Meals and accommodation

Gaia House offers a healthy, balanced vegetarian diet that may include eggs and dairy produce. There is an alternative 'simple diet' (consisting of a gluten-free wholegrain, steamed vegetables and plain pulses, egg or tofu) at lunch for those who need to eat simply. Vegan, dairy-free, wheat/gluten-free options, and the 'simple diet' can be requested when you register on arrival. Breakfast and lunch are substantial meals, with a lighter supper of soup and bread.

We offer comfortable but basic single-sex accommodation, mostly in rooms for two or three people, although younger retreatants may be in a dormitory of up to six people. We have a very limited number of single rooms and these are allocated according to medical needs, followed by considerations of age.

During the summer months we offer a few camping places at a reduced rate for those attending our group retreats only. We can only accommodate small one/two-person tents and each retreatant must have their own tent. Please be aware that if there is poor weather, we may be unable to accommodate campers in the house.

HOW TO BOOK

To book a group retreat or apply for a personal or work retreat placement, please visit www.gaiahouse.co.uk. If you need further assistance, please contact our Reception team on 01626 333613 or info@gaiahouse.co.uk

Important information

When booking your retreat we ask you to carefully read the **Booking & Cancellation** and **Frequently Asked Questions** sections on our website.

These sections cover:

- Deposits and payments
- Travelling to Gaia House
- Waiting lists
- Accommodation
- Changes to your booking
- Access for people with disabilities
- Cancellations and refunds
- Our food policy
- Retreat start and finish times
- Retreat guidelines

This information is reviewed and updated on a regular basis, so please ensure you read it even if you are a returning visitor to Gaia House.

LIFT SHARE MESSAGE BOARD

We encourage all our retreatants to make use of the lift share message board on our website. By sharing a lift or a taxi from Newton Abbot train station you can help reduce the carbon footprint of your journey to Gaia House.

To request or offer a lift, please visit:
www.gaiahouse.co.uk/getting-here/lift-share/

Please use the password provided in your booking confirmation email.



Bodhi College

EARLY BUDDHIST TEACHING FOR A SECULAR AGE

For Bodhi College's full 2017 teaching programme, please visit:
www.bodhi-college.org

Financial Assistance and Bursaries Fund (FAB Fund)

Gaia House is committed to ensuring that Dharma teachings are available to all who wish to participate in our programme, irrespective of financial circumstances. If you cannot afford our rates we invite you to fill in a short, confidential application form for support from our FAB Fund. The fund offers a 50% discount off our standard rate, and further discounts can be arranged depending on individual circumstances. The fund also supports twelve bursary places each year for retreatants wishing to undertake a 90-day personal retreat.

For more information, please visit the Financial Assistance section of our website. To request a FAB Fund application form, please phone our Reception team on 01626 333613.



GAIA HOUSE
INSIGHT MEDITATION IN THE BUDDHIST TRADITION

West Ogwell, Newton Abbot, Devon TQ12 6EW
info@gaiahouse.co.uk www.gaiahouse.co.uk
+44 (0)1626 333613 Registered charity no: 900339

RETREAT PROGRAMME 2017



GAIA HOUSE

INSIGHT MEDITATION IN THE BUDDHIST TRADITION



ABOUT GAIA HOUSE

Set amongst the peaceful South Devon countryside, Gaia House offers a sanctuary of contemplative calm in which to explore and develop serenity, wisdom and compassion through meditation and mindfulness.

Founded in 1983, we offer a year-round programme of silent retreats with meditation instruction and teachings drawn from a wide variety of Buddhist traditions.

The environment offered at Gaia House is one of silence, rural tranquillity, simplicity of lifestyle, sensitivity to the needs of others and a commitment to ethical behaviour rooted in non-harming, compassion, kindness and generosity.

We warmly welcome all people of every cultural and religious background, race, ethnicity, socio-economic group, sexual orientation, gender identity, age, education, and physical ability.



DATES	RETREAT TITLE	TEACHERS	KEY	CODE	ST	SUP	SPON	YP
17 Jan	Meditation Day – Coming Home	Kirsten Kratz	A&B	17130	30			9
19-22 Jan	The Path of Insight Meditation – Dana Retreat	Yanai Postelnik Kirsten Kratz	A	17131	30			
26-29 Jan	Origins and Applications of Mindfulness – MBCT / MBSR Foundations	Christina Feldman John Peacock	C&E	17132	Closed retreat			
3-5 Feb	The Courage to Care: Prayer, Ritual and Ceremony	Suvaco	A	17133	122	104	146	37
9-12 Feb	Wholehearted Living	Leela Sarti	A	17134	183	156	220	55
17-19 Feb	Young Persons Retreat	Jake Dartington Paul Burrows	C	17135	36	31	43	
24 Feb-1 Mar	Meditation and Mindfulness in Daily Life	Martine Batchelor Chris Cullen	A&B	17136	275	234	330	83
7-12 Mar	Your Life is Your Teacher	Martin Aylward	A	17137	275	234	330	83
17-22 Mar	Insight Meditation and Qigong	Norman Feldman Brad Richecoeur	A	17138	275	234	330	83
26 Mar-2 Apr	Of Hermits and Lovers: The Alchemy of Desire	Catherine McGee Rob Burbea	C&E	17139	385	327	462	116
6-10 Apr	Cultivating Clarity and Compassion	Alan Lewis	A	17140	220	187	264	66
14-17 Apr	Freeing your Heart, Embracing your Life	Catherine McGee Jaya Karen Rudgard	A	17141	183	156	220	55
22-29 Apr	Sön Retreat	Stephen Batchelor Martine Batchelor	E	17142	385	327	462	116

Key: Indicates who the retreat is suitable for, i.e. level of experience or where a retreat has specific requirements for attendance.

A = Suitable for all B = Particularly suitable for beginners C = Special criteria* E = For experienced meditators
*Please see our website or ask our Reception team for details of specified criteria for attendance.

DATES	RETREAT TITLE	TEACHERS	KEY	CODE	ST	SUP	SPON	YP
5-7 May	Mahasi Weekend Retreat	Bhante Bodhidhamma	A	17143	122	104	146	37
5-14 May	Mahasi Retreat	Bhante Bodhidhamma	A	17144	441	375	529	132
19-21 May	Awakening Here and Now	Jaya Karen Rudgard	A&B	17145	122	104	146	37
26-29 May	The Courage to Care: theme to be confirmed	Suvaco	A	17146	183	156	220	55
2-7 Jun	Insight Meditation and Yoga Retreat	Yanai Postelnik Helen Stephenson	A	17147	275	234	330	83
12-19 Jun	Investigating Koans	Simon Child Jake Lyne	A	17148	385	327	462	116
17-24 Jun	The Satipathana Sutta – Study Retreat	Christina Feldman John Peacock Akincano M. Weber	E	This retreat will be held at Sharpham House. Please visit www.bodhi-college.org for details and booking.				
24 Jun - 1 Jul	Finding True Refuge in a Modern World	Catherine McGee Anushka Fernandopulle	C	17149	385	327	462	116
5-10 Jul	The Four Immeasurables	Jenny Wilks Zohar Lavie	A	17150	275	234	330	83
13-18 Jul	Being in this World	Kirsten Kratz Jaya Karen Rudgard	A	17151	275	234	330	83
22-29 Jul	Secular Buddhist Meditation Retreat	Stephen Batchelor Martine Batchelor	A	17152	385	327	462	116
4-7 Aug	Family Retreat	Paul Burrows Laura Bridgman (Kovida)	C	17153	See website for pricing information			
11 Aug	Meditation Day – The Wisdom of Loving-kindness	Paul Burrows	A&B	17154	30			9
17-22 Aug	Awakening Wisdom, Joy and Peace	Jake Dartington Zohar Lavie	A	17155	275	234	330	83

 Working in partnership with Bodhi College

DATES	RETREAT TITLE	TEACHERS	KEY	CODE	ST	SUP	SPON	YP
26-31 Aug	Living with Illness and Loss Retreat	Paul Burrows Zohar Lavie	A	17156	245	208	294	74
4-7 Sep	Mindfulness: Beyond the Eight-week Course	Jake Dartington Jenny Wilks	C	17157	183	156	220	55
12-17 Sep	Awakening in Stillness and in Movement	Martin Aylward Gail Aylward	A	17158	275	234	330	83
22-29 Sep	Mindfulness, Insight, Liberation – MBCT / MBSR Foundations	Christina Feldman John Peacock Jaya Karen Rudgard	C&E	17159	385	327	462	116
4-9 Oct	Work Retreat	Paul Burrows	A	17160	61			
13-17 Oct	Insight Meditation and Qigong	Jaya Karen Rudgard Brad Richecoeur	A	17161	220	187	264	66
20-28 Oct	Embodying the Awakened Heart	Yanai Postelnik Leela Sarti	A	17162	392	333	470	118
2-30 Nov	November Solitary	Christina Feldman Yanai Postelnik Rob Burbea Kirsten Kratz Suvaco	C&E	17163 17164 17165	See website for pricing information			
2 Dec	Meditation Day – Moving into Stillness: Embodied Mindfulness	Jenny Wilks	A&B	17166	30			9
7-10 Dec	A Path of Peace and Kindness	Yanai Postelnik	A	17167	183	156	220	55
15-19 Dec	Remembering and Awakening the Heart's Potential	Kirsten Kratz Chris Cullen	A	17168	220	187	264	66
28 Dec - 3 Jan	New Year Retreat	Kirsten Kratz Paul Burrows Suvaco	C&E	17169	330	281	396	99

Please see overleaf for information about our rates.

For a full description of each retreat and a brief biography of the teachers, please visit the Group Retreats section of our website.