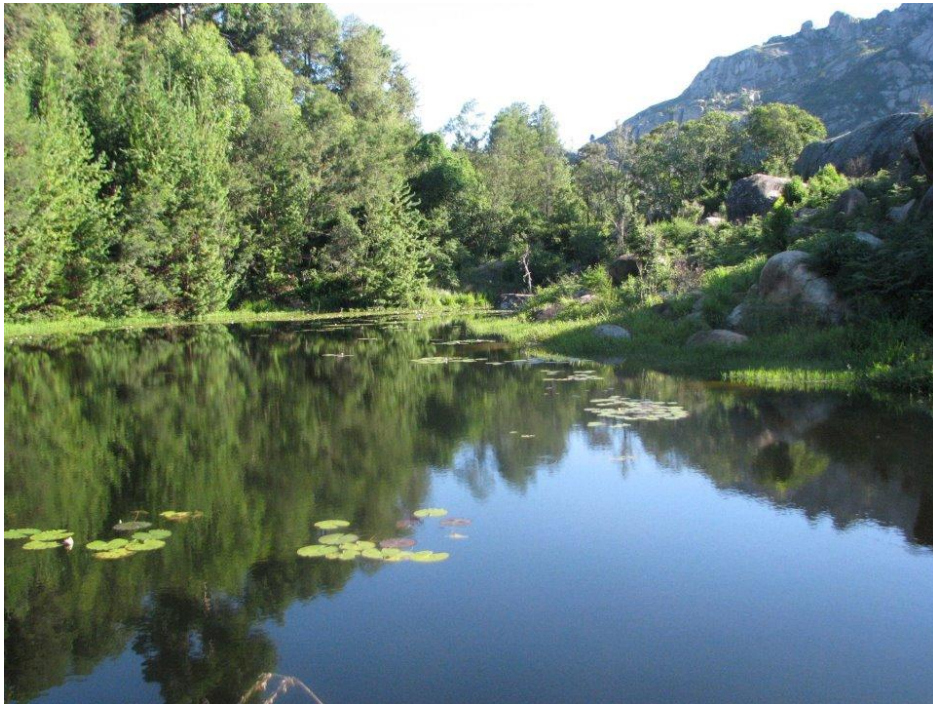


## **ROB NAIRN – 5 YEAR INSIGHT COURSE**

### **YEAR TWO - 10-DAY INSIGHT RETREAT**

**FRIDAY OCTOBER 9 - SUNDAY OCTOBER 18, 2015  
SUSURUMBA, NYANGA**

(Closed Retreat restricted to practitioners on 5 Year Insight course)



Insight training really frees the mind. The power of Insight exposes the hidden forces that secretly trap us in the mind states that prevent freedom and happiness. The notion of there being hidden forces in our minds may be novel because most people would react with the comment “I know my mind – there are no hidden forces”. But, if we seriously begin insight training we will discover that this is not the case. The most powerful energies in us that dictate how we think and feel are the deep unseen ones -generally found within the unconscious, but also lurking closer to the surface in the subliminal layer.



## NOTES

1. This retreat is open to those who are registered and are up to date with their payments for Rob Nairn's 5 year Insight course.
2. Accommodation will be shared
3. Please complete the ACCOMMODATION, PAYMENT, INDEMNITY AND TRANSPORT BOOKING FORM **by 15th September 2015** and send it to Dave and Pam Sheehan at [zimsheehans@gmail.com](mailto:zimsheehans@gmail.com), together with any queries you might have.
4. 100% payment is essential to confirm a booking. Accommodation is confirmed on receipt of payment.
5. Suggest arrival on Friday October 9, 2014 from 14.00hrs. Please try to arrive by 18.00hrs for evening soup which will be followed by an introductory talk and instruction.
6. Phone enquiries to: Dave Sheehan 0772-317424 or Pam Sheehan 0772-404129.

## COST OF RETREAT

- **Shared bedrooms:** Full Retreat - USD325 or USD40 per day
- **Camping:** Full Retreat - USD250 or USD30 per day (please bring all camping equipment including mattresses and pillow)
- **Dana for Rob:** In keeping with the Buddhist tradition, the teacher's only compensation is a *dana* (meaning donation) by the student of a size appropriate to the perceived value of the teaching and the means of the giver. The retreat leaders accept dana in appreciation of their teachings.
- **Staff Tips:** Retreatants may want to make an offering to the catering and ground staff.

## PAYMENT

Payment in full, PLEASE, on/or before 15<sup>th</sup> September 2015 to secure your booking.

### *Bank details*

Account Name	Rokpa Trust of Zimbabwe
Bank	Central Africa Building Society (Cabs)
Account Number	1002834325
Reference	surname/Nairn Retreat - Example: SMITH/NAIRN RETREAT

## **BACKGROUND INFORMATION ABOUT RETREATS**

### **REGARD JOINING THE RETREAT AS AN ACT OF COMPASSION TO YOURSELF**

Retreats offer us 'time out' of our busy, often stressful lives, to ground ourselves in our meditation/mindfulness practice. The peaceful seclusion and mountainous setting of Susurumba, Nyanga, assists in the process of allowing our busy, distracted minds to settle, allowing our deeper energies of kindness, compassion, wisdom and clarity to reveal themselves.

### **VENUE**

'Susurumba' is located in Juliasdale, Nyanga immediately behind Pine Tree Inn which is approximately 70kms from Rusape. Take the Pine Tree turn off, follow the driveway through to this hotel and just after the boom branch left to go behind the hotel buildings. Follow this driveway for about 1km holding left at any forks.

### **WHAT TO BRING**

1. Bedding (remember Nyanga can be quite cold –especially early mornings), pillows, bath towel
2. Raincoats/umbrellas (it can rain at this time of the year)
3. Torches/headlamps & spare batteries (very important)
4. Toiletries/bath soap. Hand washing powder if you need to do personal laundry
5. Comfortable walking shoes (plus optional CROCS?)
6. Loose, comfortable clothing
7. Warm clothing plus wraps for when sitting in the meditation room (tracksuits, extra socks)
8. Hat & sunblock cream
9. Notebook and pens
10. Towels and swimming costumes (lovely refreshing mountain dams and small swimming pool).
11. Personal meditation cushions/mats/blankets (there are cushions available at the centre)



### **FOOD**

Vegetarian cuisine – participants may be asked to assist by bringing some prepared food and overseeing food preparation.

### **TRANSPORT**

Please complete the attached form indicating whether you need or can offer transport. It is suggested that you contribute to fuel costs if you are given a lift.



**RETREAT INDEMNITY FORM**

I, ..... , the undersigned, do hereby agree and undertake to indemnify and hold Rokpa Trust of Zimbabwe, Mindfulness Foundation of Zimbabwe and Burrells Honey (Pvt) Limited harmless against any and all liability, loss, damage, costs or expenses of whatsoever nature and howsoever arising, which I may hereafter incur, suffer or be required to pay by reason of any loss or injury which I may suffer or sustain, including injury resulting in my death in connection with my attendance at Retreats held at Susurumba, Juliasdale, Nyanga, Zimbabwe.

This indemnity shall be binding upon my heirs, executors and administrators, and shall inure to benefit Rokpa Trust, its members and successors.

This indemnity shall be construed and determined according to the laws of Zimbabwe, the Courts of which will have exclusive jurisdiction in determining any claims or disputes arising hereunder.

SIGNED on this \_\_\_\_\_ day of \_\_\_\_\_ (Month) 20\_\_ (Year)

Signature \_\_\_\_\_