

# 10-Day Meditation Retreat

## Taught by Jason Siff

### October 14 to 24, 2019

The retreat will be held at Bodhi Chan Buddhist meditation centre, which is south of Brisbane in an area surrounded by park land. Less than half an hour from the airport, the centre offers single and shared room accommodations, a library/meditation room, and large meditation hall. There are also places to meditate outside, including a cave.

Jason Siff has led many meditation retreats in Australia over the past 14 years, teaching “Recollective Awareness Meditation,” the form of Vipassana Meditation he created as a Buddhist monk in Sri Lanka in the 1980s and later developed as lay meditation teacher over the past 30 years. People who have attended his retreats in the past will find a familiar schedule, which besides the 5 mandatory meditation sittings a day, includes talks, discussions, group and individual interviews, yoga, and a bedtime story (Jason reads from one of his Buddhist novels). The retreat will be held in silence.

The fee for the whole retreat is \$1200 AU for a private single room and \$800 AU for a shared room. Single and shared room priority will be given to those attending the full 10 days. However, we will reserve one single room and two shared rooms (four people) for those interested in attending from October 14th to 20th, at a rate of \$900 AU for the single and \$450 AU for a shared room. Those fees include breakfast, lunch, and a light dinner. They are the bare minimum for all costs associated with the retreat and do not include donations for the teaching. Donations to the teacher can be made at anytime.

To Register: Email [jasonsiff@gmail.com](mailto:jasonsiff@gmail.com) or go to [this registration page](#).



Jason Siff is the author of “Unlearning Meditation: What to do when the instructions get in the way,” and “Thoughts Are Not the Enemy: An Innovative Approach to Meditation,” both published by Shambhala. He co-founded the Skillful Meditation Project in 1996, teaching meditation full-time, starting with retreats and workshops in the United States, then coming to Australia once a year from 2005. He works with individual students mostly these days, offering the occasional webinar, public talk, workshop, or retreat.