

Mana presents
Timeless Presence

A mindfulness meditation retreat led by
Stephen Archer



April 7-11 2010

The Buddha described mindfulness as the "path to the deathless" - the natural quality of awareness which wakes us up to timeless presence. In a silent and tranquil environment, we will explore mindful sitting and walking meditations within a simple structure of group sessions, regular instruction periods and discussion. This retreat is suitable for people who are new to the practice as well as those with experience of meditation.

STEPHEN ARCHER has an honours degree in Eastern religions and trained as a Buddhist monk for 13 years in the Theravada tradition. As director of Wellness Solutions Ltd he works as a mindfulness trainer and leads retreats nationwide.

Cost This four-day retreat is offered in the spirit of dana. Dana is a system of payment based on the values of open-heartedness and generosity. This means it is open to you to decide the appropriate amount to give for the teachings. In addition to dana, \$360 is required to cover meals and accommodation.

REGISTRATION: please pay \$100 deposit by Visa/MasterCard at our on-line secure site or direct credit bank account 02-0304-0312089-000 or mail a cheque. **CANCELLATION:** Ten days or more prior to course deposit is fully transferable to another course (within 12 months), or refunded less \$30 fee; less than 10 day cancellation forfeits deposit.

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