

# International Mindfulness Training Retreat China

20th - 22nd September 2010

Twice a year T'ai Shen Training and Retreats conducts a three day Mindfulness Training adventure for both practitioners and ordinary folk wanting to incorporate Mindfulness into their work and daily life.

Before you come on this retreat we suggest you read an over view of Mindfulness and Acceptance and Commitment Therapy available on application.

## **Why do people come on this retreat?**

People come on the retreat to learn to apply Mindfulness skills in their daily life and/or their work as practitioners. These are powerful skills and make a huge difference to the way you live your life.

People also come for the adventure of learning in a Buddhist environment in an ancient Pure Land Temple in a tranquil environment.

## **About the facilitators:**

**Malcolm Hunt** is Director of T'ai Shen Training and Retreats a Buddhist organization dedicated to providing education in Buddhist living and psychology. Malcolm is an Australian with 23 years experience in mental health education, training and psychotherapy. Malcolm is a teacher of Pure Land Buddhism and is a qualified Mindfulness and Naikan Trainer.

**Jianqiu Xu** graduated from Auckland University and is a registered counselling psychologist in China. Jianqiu was formerly counselling psychologist in the Shandong Quit Internet Addiction Centre and the Shandong Runxin Psycho-Edu Research Centre. Jianqiu specializes in marriage and relationship, parent-child relationship, and adolescent mental health issues. Jianqiu is trained in CBT, Naikan Therapy and Imagery Communication Therapy.

## **Relaxed Atmosphere**

The retreat is relaxed and very informal as we get to know each other and hopefully form life-long friendships and networks.

### How do you get here?

Guang Jue Buddhist Monastery is situated about 1km from the town of Zaoxi. Depending on seasonal circumstances we also do the training further up the mountain in the small village of Shi Ta Wan.

We will be with you in Shanghai to help you catch a bus from Shanghai South Railway Station to Zaoxi. We then take a small van to the training location.

It takes about two hours from Shanghai.

### What is the accommodation like?

Adventure style. Dormitory sleeping quarters are comfortable. As we are in a rural area the showers and toilets are camping style. All part of the fun (and great mindfulness training!)

Meals are vegetarian prepared by the monks or by local staff. The food is very delicious.

### Day Tours

During the retreat we will take you on some wonderful trips around the local bamboo mountain region through small villages and beyond. Destinations and travel depends upon seasonality (early autumn can have snow falls!)

### Travel to China

The cost of the retreat does not include airfares to China. You will need a visa to enter China.

### Insurance

All participants **must** have full travel insurance.

### Cost of Retreat

We try to keep the costs to the absolute minimum so that as many as possible may benefit.

The total cost of the Retreat is **\$US357.00**. This includes one night accommodation in Shanghai, return bus fare Zaoxi, accommodation at retreat, training and materials, meals and local tours. In keeping with Buddhist tradition we can negotiate the fee for those on lower incomes.

## For Further Information and Application Forms

We guess you will have many questions that these pages may not have answered so please do not hesitate to ask by emailing us.

### How do you pay?

We prefer payment through Secure **Pay Pal** on our web page or direct deposit into our bank account. We offer a full refund if you need to cancel out. Full details of payment method on our application form.

### Medical History

There is a medical history we ask you to fill out on the application form. This information is confidential as per Australian law. This section is important for us to be able to chat with you about any risks.

The training area is in a rural setting and western medical assistance is about one hour away in Lin'an. Local medical and pharmaceutical assistance is mainly Traditional Chinese Medicine.

### A Typical Program (Program may change seasonally)

Day 1: Arrive, drink tea, settle in.

Orientation: Walk about local area, local customs, overview of program.

Introduction to Mindfulness: Key Concepts

Day 2: 7:00am Meditation/Qigong followed by breakfast.

9:00am–4:30pm Mindfulness Training. Lunch and afternoon tea.

After dinner: More Mindfulness Training and Techniques.

Day 3: 7:00am Meditation/ Qigong followed by breakfast.

9:00am–12:00 Mindfulness Training

1:00pm: Tour of Mountain Villages and T'ai Tze Nunnery.

3:30pm Free Time. Return Shanghai in evening or following morning.

### Application Form and Contact

**Contact T'ai Shen Training and Retreats: [admin@taishendo.com](mailto:admin@taishendo.com)**

**Skype: [fei.mao2](https://www.skype.com/user/fei.mao2)** and we can arrange to speak to you or phone us on:

Mobile: 0420 923 045

We will email to you the Pre-Retreat reading.

