



Tarchin Hearn lives in New Zealand and has more than 40 years' study and practice in various schools of Buddhism.

Since 1977 he has taught in many countries and has helped establish a number of centers for retreat and healing.

He is currently a guiding teacher for the Wangapeka Educational Trust near Nelson.

Writer, artist, poet, traveler and inspiring teacher, Tarchin's approach is thoroughly non-sectarian and universal in nature.

While rooted in Buddhist principles, his work frequently links personal healing with a deep ecological perspective in ways that have inspired a wide range of people, from a variety of diverse backgrounds and traditions.

## About Tashi Choling

Tashi Choling Dharma Foundation Inc. aims to ensure the continuity of the study and practice of buddhadharma through providing teachers, courses and facilities, to foster open communication amongst all spiritual traditions, and to bring benefit to others through providing opportunities for the development of wisdom and compassion.

Please see our web site for information about our meditation programs, or contact Maria on (03) 62349404.

Our spiritual director is Zasep Tulku Rinpoche.

## Membership

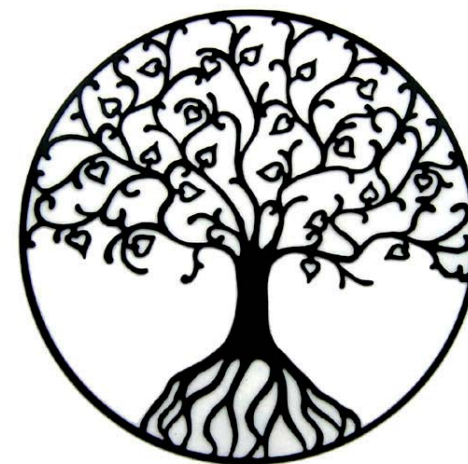
You are invited to become a member of Tashi Choling Dharma Foundation. More information and membership forms are available at: [www.tashicholing.net](http://www.tashicholing.net).



Co-ordinated by:

**Tashi Choling Dharma Foundation**  
[www.tashicholing.net](http://www.tashicholing.net)

# Foundations of Wisdom and Compassion



*Glimpses of Satipatthana,  
the Buddha's most pithy teaching  
on awareness and sustainable living*

*Meditation retreat and  
classes with Tarchin Hearn*

*Feb 2-14 2010*

# Satipatthana

By looking deeply into our moment by moment experience of living, through intimate and direct exploration, our body, speech, mind and activities become a laboratory for experimentation and observation.

The Satipatthana Sutta sketches out a very practical path of awakening through meditation and mindfulness, trying to understand the roots of dissatisfaction and suffering, and in the process discovering profound and essential keys for living well.

For those who would like to know more about Satipatthana, or about Tarchin, you are invited to visit [www.green dharmatreasury.org](http://www.green dharmatreasury.org) and download the introduction or the complete text of "Foundations of Mindfulness: a manual for meditators."

## Hobart teachings

Tuesday, Feb. 2nd

An Expansive View of Living: Introducing Satipatthana

Wednesday, Feb. 3rd

Emotion, Intelligence and Ecological Wholeness

Thursday, Feb. 4th

Sustainable Living and the Eightfold Noble Path

**Weeroona House, North Hobart**

7.30 pm

COST: \$25 per session or \$65 for all three.

## Retreat at Dorje Ling, Lorinna

Saturday 6 - Sunday 14 February

A Residential Retreat at Dorjeling. This will be a marvellous opportunity to study and practise the heart of Satipatthana in a beautiful setting, with Tarchin's unique and inspiring approach.

If you would like to come for a shorter period, you may come for the weekend 6-8 February.

Silence. To fully support each participant in their retreat experience, this will be a silent retreat. This is a wonderful opportunity to deepen your exploration in a peaceful supportive environment.

Car pooling. Car pooling may be available, please contact the organisers if you can help or if you need a lift.

Cost. Full retreat: \$455/\$400. First weekend only: \$165.

## Individual Guidance

During the time Tarchin is in Hobart, he will be available to see people individually. If you would like some individual time with Tarchin please contact Chani Grieve on 0439 453 538.

## Dana

Dana is a voluntary amount given to the teacher in appreciation for the teachings. People are free to offer according to their individual circumstances.

This is the only payment Tarchin receives.

## About Dorje Ling Retreat Centre Lorinna, Central Tasmania

Dorje Ling has been hosting Buddha Dharma teachers and teachings for the past 25 years. Dorje Ling is situated in an isolated valley in central Tasmania. The land, an area of mixed wet and dry forest above Lake Cethana, supports abundant wildlife and a rich weaving of biodiversity. The centre has a number of small huts and open flat land for camping. The Gompa or meditation hall is a delightful 25 year old hexagonal log cabin. This retreat is fully catered with simple and sumptuous vegetarian meals.

Please bring:

Tent, sleeping bag, sheets, pillow & pillowcase, meditation cushion and rug, medications, torch, personal items. Limited hut or dormitory accommodation will be allocated to families or those with special needs.

A map is available on request, or you can find one on our web site at [www.tashicholing.net/htm/map.htm](http://www.tashicholing.net/htm/map.htm).

## Bookings and Enquiries:

[www.tashicholing.net](http://www.tashicholing.net)

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