



TCDF Quarterly Newsletter

Autumn 2015 edition



Our Spiritual Director

Tashi Choling Dharma Foundation has a long-standing relationship with the Venerable Zasep Tulku Rinpoche, a meditation master of the Gelugpa Tradition of Tibetan Buddhism. Born in eastern Tibet in 1948, Acharya Zasep Tulku Rinpoche was recognized at an early age as a reincarnation of Lama Karma Kunchog Tenzin. Since arriving in the west in 1976, Zasep Rinpoche has taught Buddhism in Australia, Canada, the USA, and Mongolia. He is the spiritual director of Gaden for the West, headquartered in Nelson, B.C., as well as of other centres including Dorje Ling Retreat Centre and Hobart Buddhist Meditation Centre. Zasep Rinpoche believes that the precious teachings of Tibetan Buddhism can be made accessible to and meaningful for Westerners in a way that respects the integrity of the teachings. Rinpoche is known for his gentle compassion and good humoured wisdom.

Rinpoche has updated his guidelines for his students. The new version is available here: www.tashicholing.net/pdf/guideline2013.pdf.

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Guidelines for Dharma students

Rinpoche has sent us some guidelines for all who are his students. Even if you are not formally a student of Rinpoche's, these guidelines contain much wisdom and will be helpful to you.

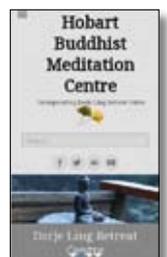
The guidelines are available online so that you can print them out: www.tashicholing.net/pdf/guideline2013.pdf or in epub (e-book reader) format here: www.tashicholing.net/books/guidelines/Guidelines-Rinpoche.epub

They are also being printed in this Newsletter in instalments. The fourth and last instalment is on [Page 3](#) of this Newsletter.

New web site

We have just launched a new web site which is designed to display better on mobile devices. It remains at our regular web address, which is at the bottom of every page of this newsletter.

We welcome your feedback and suggestions, both as regards usability and as regards content.. Also if you find a glitch anywhere, our webmaster Maria would love to hear from you. Please contact us at the email address at the bottom of this page.



Left: Desktop view
Above: Mobile view

PRESIDENT'S REPORT

We have just completed a heart warming and nourishing Easter Retreat at Dorje Ling on the 6 Paramitas. Hobart sangha members led meditations, classes and discussions while Roslyn led yoga exercises, [asana,] breathing exercises, [pranayama,] and deep relaxation, [Yoga Nidra.]

While this was not predominantly a Working Bee, several projects were worked on during the retreat. Guy with Bastian, Cliff and Jack prepared the Gompa roof for guttering, Roslyn led a group who planted trees around the sacred fire site completely transforming the area, while Maria, John and Joe Grist worked on the walking tracks including prospecting a new route along the lakeside. The vegetable garden also received some much needed tending.

With no designated cook, the kitchen was another area for meditation in action. Roslyn, Ngaire and Julie organised and bought the food, created a menu and did a lot of cooking. However many people were involved in creating the nutritious, delicious food that we enjoyed. The shared voluntary cooking contributed greatly to the retreat atmosphere. We became a very harmonious community with a mix of experienced and new participants including some children.

Finally after many years we have removed a large number of trees from around Rinpoche's House, both to give a view of the lake and also to allow more sunlight into the house. The felled timber will be used for building and firewood. Thanks to Ross and Jack for their hard work on this project.

At the time of writing Leander Kane's Feldenkreis retreat is in progress at Dorje Ling. This is the 6th group retreat this year. The centre is certainly fully used at the moment.

Thanks to all those involved in the Easter retreat, the teachers, cooks, workers, Maria for the publicity and organisation and to all the participants who took part so wholeheartedly in the program. Thanks also to Kate and Jo for all the work with Leander's visit and to the hard working committee working behind the scenes.

In Hobart we are starting on Geshe Rabten's 'Treasury of Dharma' as a guide for the Tuesday evening meditation and teaching sessions.

I wish everyone time and space to appreciate the beauty of autumn. I look forward to a trip to see the fagus (Tasmanian deciduous beech) shortly.

Charles Chadwick April 2015

Upcoming meditation program

Our meditation and discussion sessions are held every Tuesday between 7.30 and 9.00 pm. Location – Tashi Choling rooms, Floor 2, 73 Liverpool St, Hobart. Go down the laneway to the right of the building, then look for the door between the two bamboo pots. Continue upstairs to the second floor. Suggested donation: \$5. All welcome.



On the advice of our spiritual director, Zasep Tulku Rinpoche, we will be using Geshe Rabten's Treasury of Dharma as our source of teachings for much of this year starting in April.

Treasury of Dharma is taken from a month long course given by Geshe Rabten to Westerners. It contains teachings and meditations that Geshe La thought most relevant for Westerners. It includes chapters on mental factors and the 12 links as well as most of the Lam Rim starting with suffering. Rinpoche was using this book as a source during the recent Dorje Ling Lam Rim retreat. Here is a description:

'A complete Tibetan Buddhist Meditation course and a true classic of contemporary Buddhist literature. It contains the essence of the entire path of Buddhism, explained out of the personal experience of one of the most outstanding Buddhist meditation masters of our time, the Venerable Geshe Rabten Rinpoche. Its clear and practical presentation make Buddhist thought and practice easily accessible to anyone who is seriously interested.'

APRIL: Guy Turnbull. Subject: Treasury of Dharma.

MAY: Charles Chadwick. Subject: Treasury of Dharma.

Please watch your emails to get updates to our meditation and discussion program, and other events as they are finalised. If you are not on our email list you can join via our website, or email us (see bottom of page).

Tsog dates. Dates based on new moon being day one. Southern hemisphere calendar. Tsog is on Day 10 and Day 25. [See page 6.](#)

May: Wednesday 13, Wednesday 27.

June: Thursday 11, Friday 26.

July: Saturday 11, Saturday 25.



Revised Guidelines for the Dharma Students of the Venerable Zasep Tulku Rinpoche Canada, 2013, Part four.
(See previous Newsletters for Parts 1-3.)

Dharma study on line

In many ways the computer and the Internet have made our lives simultaneously easier and busier. Forever Googling, Emailing, playing online games, there is always the danger that we could become Internet junkies. We can even feed our addiction by visiting Dharma sites. There is a lot of Dharma information on the Internet, some of it excellent, some of it not so good. It could be helpful to study Dharma online, but when we do so, we risk losing our connection to the living, breathing human beings around us. Computers lack the human touch. From time to time, we all need to sit down with our Guru and our Sangha friends to share our Dharma practice, do Pujas and have a cup of tea together. This does not happen when we are glued to a computer; cyberspace can be lonely and isolating.

Children and the Dharma

Children are our future. We must think how to educate our children in the Dharma. Buddhist parents must not neglect their children's Dharma education; I have seen too many Western Dharma parents who don't give enough Dharma education to their children; they are too soft and too concerned that their children may become rebellious if they are strict with them. They take a laissez-faire attitude, hoping that one day their children will magically take up a Dharma practice just because they were given a good impression of Buddhism when they were young. If this happens, great, but in my view it is important that children have some formal instruction about the Dharma when they are young. Early Dharma education will remain in their mind stream for the rest of their life. I personally am so thankful to my grandfather, who always took such good care for me and who gave me a good opportunity to study and practise Dharma, even when we had to go through so much suffering escaping from Tibet and then struggling in India as poor Refugees.

Nowadays we have many worries about children. There is so much violence passing as entertainment. In my opinion, children should not watch destructive and violent movies, play violent video games or visit unsuitable websites on the Internet. Parents need to put limits on what sort of things their children watch. I think a lot of the sites on the Internet are a kind of drug, just as addictive as the ones that are swallowed, injected, or smoked.

Right livelihood and Dharma finances

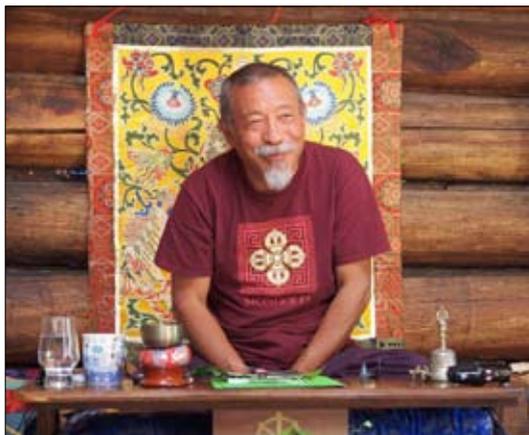
Right livelihood is one of the aspects of the eightfold noble path; it is a Buddhist principle that it is important that we as Dharma practitioners practise right livelihood. We must not hurt other people

and animals, and we must make the best use of the earth's resources, in ways that do not do social and environmental damage. (The Venerable Walpola Rahula clearly explains the eightfold path and other fundamental tenets of Buddhism in his excellent introductory text, *What the Buddha taught*; I highly recommend it.) Buddha was so kind: he gave detailed advice in the Sutras on how to organize our Dharma life and Dharma finances. The Buddha said lay people should think about their finances, earmarking funds for their family, putting something aside for emergencies, and saving a little for their old age. We should also put money aside to study the Dharma and do retreats as well. It is not a requirement of Dharma practice that practitioners be poor: being poor does not make you a better Dharma person. The point is to not be attached to the material things you have, but to just enjoy them. When you are facing poverty, you can't help yourself, you can't help your family, and you can't help others. However, when a Dharma practitioner has ample material resources, he or she is in a position to practise generosity by using discretionary income to help others. I would like to suggest that you, as my Dharma students, either donate a certain amount of your income to your Dharma centre or do volunteer work for it. You should likewise donate money or time to worthy causes in your community. I request that you support Gaden Relief Projects, which has been active for 25 years, providing medical treatments, health clinics, shelters (yurts) for single homeless mothers in Mongolia, and installations for solar energy. We should become socially engaged Dharma persons, we should become socially engaged Buddhists. When we do, it will be awesome!

In the above pages, I have given advice to and set up guidelines for my students and for Dharma students in general. I do not claim for a moment that what I have said is absolutely correct, but I have said it with sincerity and the best of intention. I am not trying to judge who is and who is not qualified as Dharma teacher or student. I am trying to help students who wish to find the right Dharma teacher, improve their student-teacher relationship, and deepen their Dharma practice. I have no desire to promote myself as a great teacher and gather more students. I have wonderful Dharma students and

Dharma friends in Canada, Australia, the USA and Mongolia. I am very proud of them for practising Dharma for many years and doing so much humanitarian work. I have appointed half dozen of my senior students as Dharma teachers, and they are doing wonderful job.

Zasep Tulku Rinpoche, Canada, 2013



Easter yoga and meditation retreat 2015

Breaking with tradition, we expanded the Easter working bee to include a Yoga and Meditation Retreat. The Buddhist topic of *The Six Perfections* enabled a perfect structure for a four-day retreat program.. As usual, Karma Yoga (dana for the land) was part of the program but we increased the time given to it so we could reduce the course fee and tailor our program to include families and children.



The result was three teachers, Guy, Charles and Roslyn, coordinating a program for 25 participants between the ages of three months and 65 years of age. The result was transformative both for the land and the people.

From our retreat participants

John's comment:

I found the retreat relaxing, friendly, and very beneficial. From learning some new tricks and tips to make sitting meditation more comfortable, and dealing with too much agitation or being too sleepy, to finally sorting out my gentle attention on my breath and learning basic yoga

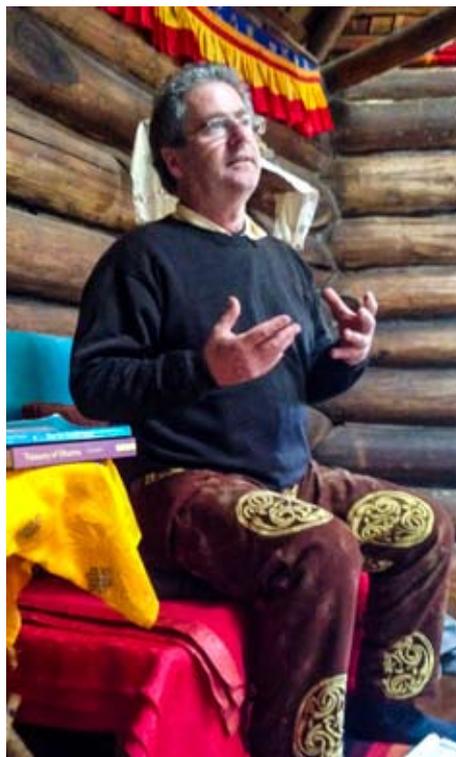
moves to further help with meditation. I found my ego quieted down significantly ... It was noticeably quieter in my head. Everyone there was lovely and friendly and helpful. The teachers, other participants, and the caretaker too. I enjoyed quiet reflective time, which I need, and talking with people in and out of group sessions. It all took me away from myself for a while, and I've continued practicing, which was my main aim.

Joe wrote:

I went to the Dorje Ling Easter Retreat not knowing what to expect. I left with a deeply impacting experience that and a memory that I will always treasure. The forests in the mist, the quiet of the Gompa at 6am with a gently crackling fire, the genuine warmth of the people ... Although I gather the topics discussed were quite entry-level Buddhism, they provided more than enough challenge for me, and covered some real mind-shifting concepts.



Having almost no experience of yoga or meditation, I can say that I am thoroughly converted, and really impressed by the practicality and day-to-day usefulness of the Dharma concepts presented. It's eye-opening to see a framework that gives you a fighting chance of actually building real changes into your mind where you desperately want them, and seems to get tangible results.



ABOVE: Guy Turnbull and Charles Chadwick led the teaching and meditation sessions. Roslyn Alexander led the yoga sessions.

I liked how open-handedly the Dharma is shared, with an attitude of participating as much or as little as is of benefit to the individual, and taking on as much as you feel comfortable with. Nothing gets shoved down your throat, and you are free to use your own mind. I'd encourage Tashi Choling be confident about inviting any non-Buddhist or curious individual to come along. There's heaps in this retreat that anyone could benefit from trying.

Julie's comments:

The retreat was very timely for me ... The nourishment that came with the Easter retreat has been so valuable for me on all levels ... heart connecting, physically grounding & re-energising. It was a nice balance of doing and being, with a diverse & terrific group of participants. Dorje Ling itself has a wonderful, natural, simplicity & beauty ... a very special place to be ... places such as this are becoming rare in the modern world and I feel strongly we must look after it. I really loved it there and will continue to visit.

I really enjoyed working in the kitchen and garden immensely. It felt easy to help and get involved because it was such a supportive environment and group of people around me. I particularly liked this retreat because of the "informality" and low key nature of the teachings and yoga. I personally needed low key, relaxed, and some flexibility with my time ... I felt comfortable to take some time to rest quietly instead of being there for every teaching session.



Nepalese earthquake appeal

Tents4Peace, a reputable and award winning Australian grass roots organisation, has a proven track record for effectiveness and fast life-saving service to remote and sometimes inaccessible areas.

See www.tents4peaceinternational.com

We are in the position, with your assistance, to be the lifesavers NOW to those in remote areas, until more substantial aid is offered in the long term.

We have EMERGENCY KITS for \$100.

A kit consists of a six person tent, blanket/s, medical kit, water purifying tablets, light stove with fuel, matches and torch plus some warm clothing and one weeks supply of rice.

We are on stand-by with equipment on the Indian border, but we need your financial donation to buy 500 kits. We will deliver them in bundles of 100 as the donations come in.

BUY ONE Individually or Share with friend/or friends

Go to www.tents4peaceinternational.com/donate_now.html Please put your name and address so we can send you a receipt.

Contact: Anna Crotty Email: annacrotty@yahoo.com.au Phone: +61438358516



'The Art of Yoga'

Roslyn would like to offer a weekend of

YOGA
AND
ARTS

@ Dorje Ling Retreat Centre.

JUNE 6.7.8th 2015

For more information contact Roslyn: info@livingyogatasmania.com



Care. The Tasmanian monks come from Vietnamese Zen and Pure Land lineage, whilst the two nuns residing in Victoria, come from the Korean Zen tradition.

Our time together was rich and nourishing, the teachings and discussions deep and wide ranging and we all came back to our respective lives reinvigorated by the seeds sown for contemplative care in Tasmania.

Kate Macnicol

Summer Gathering of Buddhist Contemplative Care Tasmania

In the last beautiful days of summer an eclectic number of us gathered at Dorje Ling for the second annual gathering of BCCT. As a small group, our principle interest is in providing active contemplative care within our communities and for each other. The summer gathering of 2015 was simply wonderful made all the more special by the attendance of four members of monastic orders whose lives are very much dedicated to the principles of Pastoral



Digesting Dorje Ling

images and thoughts by Melinda Risby

After more than a decade of hearing about the property and seeing photos of what is being created there...even assisting with a fundraiser for materials to rebuild the showers after the fire, on Friday 16/4/15, I packed pillows and warm things for an adventure to find this place and participate in a weekend of retreat..... to be with the wise guidance of the highly recommended teacher, Leander Kane.

I have been living with pain, which started in my lower back, and after 6 years has become a whole body thing, affecting my capacity to sing and walk; 2 precious simple pleasures I have been sorely missing.

I drove alone along the forest roads, constantly re-reading maps and directions, arriving round 5pm and found a silent peaceful place, no sign of people but quietly chewing marsupials, some beautiful buildings and mature European trees, all surrounded by gorgeous Tasforest. I took my stick out of the car, to support me for



Leander Kane 2015 retreat

a bit of an explore, but found the wallaby mown lawn too tempting and lay down to have a stretch and look long into the still sky.

That is how the weekend started. And before long I found people and teaching and learned the value of "resting in the experience", finding my own stillness and trusting that there was wisdom residing within me.

Hooray for the diligent labourers that have brought this place into being and maintain its sanctuary. Hooray for the opportunity to learn from an elder who is experienced, insightful, open and affirming, and Hooray for the opportunity to affirm the connection to let my heartbeat match the beat of the universe, to match my nature with the Nature around me.

(Thanks to Joseph Campbell for bringing together the heartbeat and Nature ideas)

Before I left I stood with the Ginko and quietly sang.



Tas Dharma Yatra 2015 at Dorje Ling

The third Tasmanian Dharma Yatra spent two nights at Dorje Ling end of February / early March this year.

A total of 39 participants, teachers and support people greatly enjoyed what Dorje Ling had to offer.

The Dharma Yatras are “meditation retreats on the move” or “supported meditation bushwalks” with a mix of silent and non-silent times, teachings, 1:1 interviews, yoga, sharing circles, yummy food and “just being out there”. For more information about Yatras please have a look at <http://yatra.org.au/>. There are also slideshows from previous Yatras at <http://hobartzen.org/events.html>.

The Tas Yatra 2015 started at Cethana, first night camping behind the Round Hill Café. It then walked along Lake Cethana to Lorinna and from there along the Forth River before climbing up to the Borradaile Plains. It ended camped in cave country on the banks of the Mersey River in Liena. It was one of the largest Yatras so far to have run in Australia and also the first Australian one ever to be snowed on!

As so often, being on the Yatra touched everyone deeply, many insights were gained and new connections made. There’s something special about a community on the move.

Isn’t this what they did in Buddha’s times too?

Andreas Hack



Photo of Yatra: Andrew Metter



Photos above: Colleen Sullivan, Andrew Metter, Mark Watkin

2015 January retreat with Rinpoche: audio files available

If you would like a copy of the audio of these sessions in mp3 format please [let Maria know](#).

Cost:

- Hobart sessions (Mind and Buddha-Nature, Mahamudra) \$10.
- Three Principal Paths of Lam Rim, \$20.
- Green Tara (initiates only), \$15.
- Plus \$5 for postage if needed.

TSOG

Each month there are two days, the 10th and 25th, which are especially important for practitioners of Highest Yoga Tantra.

The tsog offering is very important for renewing commitments and averting obstacles. It is a special method through which we come under the care and guidance of the Dakas and Dakinis who bestow completion stage realizations. Our wealth, merit, and great bliss will increase through this practice. When we make a tsog offering we should regard both those to whom the offering is made and those who are making the offering as Heroes and Heroines. We offer the tsog offering to the Field for Accumulating Merit, which includes the entire assembly of Heroes and Heroines.

When we gather together in a group to do a tsog offering puja it is very important that we regard everyone as an assembly of Heroes (Dakas) and Heroines (Dakinis). If we do this puja alone we should visualize ourselves surrounded by all beings in the aspect of Heroes and Heroines.

From the Caretaker.

The Return: A Pilgrim's Perspective Part 2

There is nothing more....

But of course, there is always something more, even in the sanctified realm of nothingness, the potentiality for becoming is infinite – and so, no matter how cherished and prized the arrival, the law of impermanence demands its due and patiently awaits one's departure. Measurement is of no consequence, hours or eons; as soon as the expectant foot, steps with reverence onto hallowed ground and the soul connects with the lover, one is already leaving.

However, it is in these precious moments that intersect between greeting and separation, where the enigmatic union of psychic exploration encounters and grapples with the divine, that time becomes meaningless and all that came before is seen for what it truly is, a narrative mapping of the present.

Each pilgrim in attendance chants their ancient story fearlessly, in word, nuance and gesture, of the journey that brought them together, to share, support and sing their personal note of the cosmic score being played out before them. It is within this setting that epic pathways converge and forge neural bonds which cannot be broken. They are ritualized remembrances of - The Way - an eternal homage to the source and ground of becoming that supports all life, whether one is conscious of it or not.

The tempo of the familiar inevitably creeps back into awareness, as the gathering implodes in a deluge of love and many newly formed connections physically diverge. Each and every one alike reaches into their luggage and dusts off their psychic armour before donning it for their passage back through the netherworld and into the wasteland of modern existence - a crucial stage of the journey to a freshly exposed soul. It takes only one, bleak-encounter with a jagged presence and two weeks of bliss will deflate in a jiffy.

As to "The Road", it somehow loses a little of its forbidding presence when leaving, less confronting, kinder even, possibly due to one's relaxed state. Being in, "The Zone" tends to naturally occur after two weeks of cushion time. So even if an oncoming vehicle is encountered, no longer is there angst about what to do, instead; "All is One" as the two cars meet precisely at a pull-out area and pass without slowing, smiles and waves all round.



"The Road"

The journey through the remaining forest before the farmlands appear, act as an external mirror to the internal process of returning through, "The Cultural Wall". That space where one has learnt or experienced something quite profound, separate from the usual channels of perception, only having to try and assimilate that knowledge back into one's recognizable life, family or community intact. Thoughts and intentions of how to make the profound awakening of promise and possibility become tangible, flash in and out of awareness, like the moving light, flickering through the trees.

Mile by mile the "Real" space recedes in the rear view mirror and instead, the abstract of the rural buffer, melting inexorably towards urban cityscape, again becomes the genuine experience. Anxiety and habitual patterns circle like vultures, waiting for moments of weakness to infiltrate the synopsis and infiltrate the freshly opened mind.

Drivers no longer give the steering wheel wave with a lift of the forefinger, glassy stares instead reply. Traffic increases, noise intensifies and collective insanity runs deep like a septic artery, whilst somewhere hidden inside the armoured jumpsuit, grief wells-up at the fleeting wrongness of the human trajectory. A completely natural reflex of infinite sadness directed at nothing tangible, just a collection of feelings comprised of despair, hope and longing, all competing for attention.

On arriving home, one is snubbed by the cat, there are dishes piled elbow deep in the sink, there's no food in the fridge and a note is on the table "Just nipped down the pub". Still, the unpacking awaits, along with two weeks' worth of laundry, tinned beans for dinner and the prospect of setting the alarm for work tomorrow. The thought that only just this morning, a world away, one existed in a seemingly different paradigm and within a handful of hours has faded into wistful reminiscence.

Yet, amongst all this irrepressible expression of Maya that ebbs back into one's being, there is now more space to accommodate it, to allow it to be what it is, a tangible illusion. There is more acceptance of the present and less forgetting of the possible. That little doorway of potential inside one's soul has widened from the experience along

with a gentle knowing that the path that seemed so daunting, lonely and elongated, is not only clearly marked and illuminated, but is actually tirelessly tended, navigated and shared by countless other pilgrims of the heart.

The Caretaker.

From Base to Crown A Journey Through the Chakras

Bali Yoga & Meditation Retreat

September 28 – October 4 2015

+61 (0) 439 995 655
info@livingyogatasmania.com
www.livingyogatasmania.com
www.baliecostay.com



The Theme

The theme of this retreat will be an Introduction to the Chakras. The pristine environment at Bali eco stay provides an ideal space to tune into more subtle energies. Through Yoga postures, breathing and meditations we will creatively explore and deepen our practice. Meditations from both Yoga and Buddhist traditions will enhance our retreat. We will ground our discoveries in cultural and artistic experiences inspired by the Balinese lifestyle.

The Place

Bali Eco Stay offers us the true spirit of Bali life. With the backdrop of the pristine rainforest reserve these bungalows are nestled amongst rice paddies and cocoa plantations on the Southern slopes of Mt Batukaru, North Tabanan, and Central Bali. Here we can treasure the natural spring water and delicious local produce, sleeping in exquisite private double/twin bungalows to the sound of frogs and the delight of fireflies. Linking with the local Kanciana village we will share our stories and ideas with the school children. *Enhance your retreat experience with additional cultural activities such as Indonesian cooking, making ritual offerings, palm syrup making, carving workshop, kite or flute making, Balinese massage, walking in the rainforest or simply resting.
www.baliecostay.com

The Teachers

Roslyn Alexander, an experienced Yoga teacher of 35 years, is the Director of Living Yoga in Tasmania. Accredited with the SATYANANDA YOGA Academy #0088 she currently designs personal programs and teaches groups of all ages and levels of experience. She is currently a student of Zasep Tulku Rinpoche from the Mahayana Buddhist tradition.



Guy Turnbull is an experienced meditation practitioner and teacher who loves sharing meditation skills with others. He has been studying under the guidance of Zasep Tulku Rinpoche since 1978 and teaching meditation to adults since 1989.



Retreat Schedule

Please plan to arrive by noon Monday September 28th for lunch and registration. The retreat will conclude at noon Sunday October 4th. Our daily program will start with a morning meditation and asana class before breakfast. Before lunch there will be a teaching topic, physiology and relevant practices including pranayama. From noon till 4 there will be free time or elected cultural activities *. Before dinner, Yoga Nidra followed by an optional Yoga Asana session/sequence. An evening meditation and discussion will follow dinner.

The Fee

The fee for this 7 day retreat is \$1400 which includes tuition, 6 nights accomodation and meals. A deposit of AU \$500 is required to hold your place. An early bird discount of AU\$200 applies if full payment is made by June 30th (\$1200). There is an additional \$200 discount for couples sharing a room. (\$2200 early bird couple rate). This retreat is limited to 15 participants. See the enrolment form attached for on line payment details. Transport from your hotel or airport can be arranged on request. (advisable) *Balinese cultural activities cost between \$10-\$25 and are arranged on arrival.

Enrolment Form (Confidential)

Name

Address

Yoga experience

Email

Telephone

Date of Birth / /

Age

Leisure Activities

Occupation

Medication & Medical History (Incl alternative treatments)

I heard about this course from:

I enclose an AU\$500 deposit. I understand that the teachers offer guidelines, while students take full responsibility for personal limitations.

Bank Details

Name: Ms Roslyn Alexander
Member: 9824
Bank: myState Financial
Acc: 12179542
BSB: 807009

Post forms to

Roslyn Alexander
194 Bream Creek Rd
Bream Creek
Tasmania
Australia 7175

Contact

Phone: +61 (0)439 995 65
Email: info@livingyogatasmania.com
Web: www.livingyogatasmania.com



Tashi Choling Dharma Foundation Inc.

Tashi Choling Dharma Foundation Inc. is a non-profit incorporated association based in Tasmania, Australia.

Our Spiritual Director is Zasep Tulku Rinpoche.

TCDF 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.

We have two main thrusts: Hobart Buddhist Meditation Centre (running in Hobart since 1982) and Dorje Ling Retreat Centre (running at Lorinna, Tasmania since 1977, and purchased by us in 2002).

You can find out more about Tashi Choling at www.tashicholing.net



Become a member

Memberships are the lifeblood of our organisation.

You can become a member in two ways:

- Become a regular member: \$45 per year.
- Donate to Dorje Ling Retreat Centre and automatically become a member.

To join, go to our [web site](http://www.tashicholing.net).

We also deeply appreciate any practical help that you can give to our Retreat Centre at Lorinna. Jobs may vary from large (e.g. caretaking or building projects) through to small (e.g. gardening or cleaning).



You can also help us by supporting our fundraising ventures, serving on our committee, making a bequest, or simply attending retreats or coming along to our regular meditation meetings in Hobart on Tuesday evenings (see p. 2).

Committee 2015

Charles Chadwick – President
Guy Turnbull – Vice President, building project manager
Madhu Lilley – Secretary
Kate MacNicol – Secretary
George Ramm – Treasurer
Roger MacLennan – Public Officer
Maria Grist – Committee, web & newsletter manager
Jill Wright, Christine Batten – General Committee

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 Facebook: <http://fb.me/hbmc>
 Twitter: [@tashicholing](https://twitter.com/tashicholing)

We thank Rebecca White MP for her kind assistance with printing this newsletter.