



Retreating at Dorje Ling

Important information for anyone wishing to retreat at Dorje Ling Retreat Centre

Dorje Ling Retreat Centre is situated in an isolated valley approximately 1 hours drive from the nearest town. The centre is owned and operated by the Tashi Choling Dharma Foundation Inc (TCDF) which is based in Hobart. Dorje Ling has been set up and is run for the sole purpose of providing supportive facilities for meditation courses and retreats, both group and individual, and welcomes all enquiries for use of its facilities for that purpose. Please note that it does not have a regular program of teaching happening there, nor does it have a resident meditation teacher.

Availability for Group and Individual Retreats

Dorje Ling is available, subject to other bookings, for hire for group retreats as well as providing opportunity for individual retreatants to undertake solo retreats. **All enquiries should be directed in the first instance through the website contact form.**

Terms and conditions of hire **for groups** are available lower down in this document.

Availability of self-contained cabins for individual retreat will always be subject to what else is occurring at the centre at the time. If you are interested in undertaking personal retreat, please enquire and we will do our best to accommodate you.

If you are wanting to undertake a solo retreat of longer than two weeks, we ask that you provide us, as part of your enquiry, with some information about yourself, your intended practice, and what kind of support or instruction you will be receiving or have received to do that retreat from your teacher.

Please Note: Dorje Ling does **not** provide opportunities for volunteering in return for staying at the centre.



Precepts

Dorje Ling Retreat Centre uses the five basic precepts as the fundamental rules of operation, and all retreatants or participants in courses there, are expected to abide by those guidelines during their stay.

These precepts are:

1. To abstain from taking the life of any living being
2. To abstain from taking that which is not given
3. To abstain from sensual misconduct
4. To abstain from unskilful speech
5. To abstain from taking substances which cause intoxication to the point of heedlessness.

Caretaker

On site caretakers look after the property and welcome visitors to the centre. Their role is to welcome visitors and retreatants, prepare cabins, ensure that there are adequate supplies of wood and gas, and keep supporting systems such as solar power and water running. They may be able to support solo retreatants through sourcing food and other supplies, but this must be negotiated ahead of time as part of organizing your retreat.

Food is not provided for either group hirers or individuals, and it is an important part of your retreat organization that you organize your food supply ahead of time, or organize arrangements for it to be replenished and fresh food supplied as your retreat progresses.

Cost

The cost of staying at the centre is as follows:

- Individuals: \$30 per night, or \$130 per week; members \$110 per week, groups \$30 per person per night.
- Families: Adults and children over 16 \$25 per night, children under 16 \$5 per night (Family: 2 adults 2 children or more)



In winter there may be a weekly surcharge of \$50 to cover the use of fuel.
There is a limit on group numbers, please see Terms and Conditions for Hire below.

Costs are kept low so as to enable people to use the centre for retreats and to provide support for the ongoing upkeep of this beautiful retreat facility. The per-person hire rate is based on the cost of a tent space. There are several basic huts and small single rooms on the property, but these are normally allocated on a needs basis, and therefore they do not attract a higher hire rate.

Payment options

There are a number of different options for paying for your retreat.

- Cheques payable to Dharma Foundation of Tasmania, can be mailed to PO Box 593, North Hobart, TAS 7002
- Direct deposit: Commonwealth, BSB: 067000, Account name: Dharma Foundation of Tasmania, Account number: 28042904
- Credit card via PayPal (see the web site)
- For individual retreats, payment can be made to the caretakers on arrival.

Please note all retreats must be paid for in full before beginning the retreat.

Dana to the Land/Karma Yoga

It is traditional that retreatants, whether group or individual, contribute an hour a day's dana (generous service) to the land as a part of any retreat. Caretakers can provide you with a list of simple activities which could be done during a retreat, which might support your need for some physical activity and also support the ongoing maintenance of the centre.

Pets

Dorje Ling, as previously mentioned, is located in a remote area of Tasmania. It is home to abundant wildlife. For this reason, **no pets** are to be brought onto the property.



What to bring

Please be aware that the retreat centre is situated in a remote area and the closest shopping facilities are an hour's drive away. The centre has limited power facilities so please do not expect to be able to charge e.g. phones/cameras/iPods/electric toothbrushes or shaving equipment.

We recommend you bring the following items with you to help make your stay as safe, enjoyable and comfortable as possible:

- Torch (battery operated). Candles are not allowed except while you are present in the Gompa
- Wet weather gear (raincoat/umbrella)
- Toiletries
- Any personal medications, remedies or supplements you might require (a well-stocked first aid kit is keep on-site as well)
- Warm clothing (nights especially can be cool here even in summer)
- Loose comfortable clothing that is easy to move in and not constrictive
- Footwear that is easy to take on and off (all buildings are shoes off)
- Sunhat
- Meditation cushions/stool – there are some available here but if you have your own it is a good idea to bring them with you
- Towel
- Bedding (sleeping bag/doona/blankets, sheet, pillow, and pillow case). Mattresses are provided.
- A battery operated alarm clock (if you're not used to waking early)
- Dana (cash/cheque offering) for the teacher in group retreats and courses
- For movement based retreats: A yoga mat, or similar, and blanket to cover it with
- For bushfire safety: Woollen blanket, torch, water bottle.

We look forward to supporting your retreat.



Terms and Conditions for the group hire of Dorje Ling Retreat Centre

Dorje Ling Retreat Centre (DL) is available for hire as a venue for group retreats and courses. The facilities can cater for up to 35 people. The following are the terms and conditions for the hire of DL.

1. A quote of the cost per person will be provided to the potential hirer upon inquiry. A **10% non-refundable booking deposit** will be charged based on the estimated number of participants.
2. Hire fee includes the use of all facilities (commercial kitchen, huts, showers, teaching space), as well as power and gas, and consumables such as toilet paper and cleaning products. It **does not include food or catering of any kind, phone calls, or use of linen** (except for tea towels, hand towels and aprons).
3. Cooking/catering. As noted in point 2 above, you will need to **supply your own food, caterers**. There are **no shops** in the area, (closest shop is Sheffield, 1 hour's drive) so retreat hirers need to arrange to bring in all of their own supplies, and be prepared to replenish mid-retreat if needed. Some fresh produce may be available seasonally in the Lorinna Valley through prior consultation with the caretaker. It is recommended that you require your cooks/caterers to have their own insurance.
4. The centre will be cleaned prior to the commencement of hire, but it is then the responsibility of the hirer to **maintain this cleanliness** for the duration of hire (we recommend having a cleaning roster for communal areas), and to leave the centre in the state in which it was found, or better. Upon completion of the course/retreat:
 - i. all floors are to be swept and mopped
 - ii. toilets and showers are to be cleaned
 - iii. all sinks and benches are to be cleaned
 - iv. all used linens to be washed, dried, folded and put away



- v. all rubbish and recycling to be removed from the premises.
5. Dorje Ling depends on renewable energy for all of its power needs. The **power supply is limited** and the hirer will need to be conscious of this. Weather dependent there may be enough power to use electrical appliances in the kitchen, and for computer use (if it is central to the course's needs). There is not always sufficient power for course participants' individual needs (e.g. to charge electric toothbrushes, mobile phones, camera batteries, iPods). The caretaker will be responsible for monitoring battery levels, and advising course organisers regarding moderation of use accordingly.
 6. Dorje Ling Retreat Centre is in a remote area. Medical help is at least an hour away. It is the hirer's responsibility to ensure that **a qualified first aid officer** is appointed, to see that all course participants know who they are, and to supply their own fully stocked first aid kit. A first aid kit is kept on the premises but may be used only when necessary. It is the hirer's responsibility to ensure that a note is made of any first aid items used from the Centre's kit, so that they may be replenished.
 7. **Fire protocol.** The hirer must supply to the caretaker a full list of participants and where they are housed on the property, so that everybody may be accounted for in the case of an emergency. The caretaker will be in contact with the Lorinna fire brigade. In the event of an emergency, a car horn will sound continually and everyone on the property must immediately meet at the Gompa paddock for instructions. Each retreat member should endeavour wherever possible to bring to the Centre a woollen blanket, a torch, strong shoes, and water.
 8. It is the hirer's responsibility to **ensure that course participants are aware** of the distance of the facilities from the nearest town, and the communication limitations of the centre. Mobile phone coverage is poor, and course participants will not have access to internet. Dorje Ling does have a phone which course participants may use. Phone calls are not included in the hire fee and must be covered by participants. For mobile/STD calls we ask that people use a phone card. Local calls may be made for \$1 per minute.



9. Anything that is the property of Dorje Ling (e.g. books, tools, kitchen implements, crockery and cutlery) is to **remain on the premises**.
10. Anything that is broken through misuse is to be **replaced by the hirer**. Anything that breaks as a result of simple wear and tear is the responsibility of Dorje Ling.
11. Dorje Ling, while available for hire by unrelated groups, is primarily a Buddhist retreat centre, and there are **a number of protocols** we ask people to respect during their stay here:
 - i. All buildings are shoes off.
 - ii. While alcohol is allowed on the premises we ask that it be used only in moderation for celebratory occasions, and containers be disposed of respectfully.
 - iii. Illegal drugs are not allowed on the premises.
 - iv. Smoking outside the property boundary only, and butts etc. to be disposed of in rubbish, not on the ground.
 - v. Respect for wildlife. We ask that course participants do not feed the native wildlife as it is harmful to their health, and makes them aggressive. Wildlife is not to be harmed in any other way. We ask that care is taken with household rubbish and scraps (scraps to be dumped only in the allocated compost bins, and rubbish to be stored in the 44-gallon drums provided).
12. Fire Policy. During summer months:
 - **Evacuations will be called for on the "Watch and Act" rating.** People will be asked to wind up their retreats and leave the property. The fire season will generally be within the permit period, as a guide. Actual times of "Watch and Act" ratings will be made clear throughout the fire season, in consultation with the local fire officer.
 - **During the permit season, all participants must have transport out of the valley in case of emergency.** Cars should not come into the Valley to drop people off and then to leave, unless there are enough car seats at the Centre for everybody participating in the retreat.



- **In the event of an Emergency** - An alarm will be raised by a continual car horn. On hearing this, immediately make your way to the Gompa paddock for instruction.
- **If required for any reason bottles and blankets should be given to all participants.** Please bring along woollen blankets sufficient for all. All participants should bring along a pair of strong shoes, a torch and a water bottle.
- **Lorinna nearby “Safer Places” are: Bob Robinson’s Property** 836 Lorinna Road & **Lemonthyme Power Station** Area, Lemonthyme Road
- If needed for any reason (e.g. people haven't been able to leave the valley in good time), evacuation will be to Lemonthyme power station or to Bob’s. Bob’s is the preferred place. We will be making a map to Bob’s, which will be placed in significant places on the property so that people can familiarise themselves with it. Decisions on what happens at Bob’s will be dependent on many factors on the day.
- Any group hiring the facility must make it clear to participants that **cancellation and evacuation is a possibility during the permit season.**

We hope you enjoy your stay, and we dedicate the use of this Centre for the benefit of all sentient beings.