

Retreating at Dorje Ling

All enquiries should be directed in the first instance through the website contact form, located here: <https://www.tashicholing.net/dorje-ling-retreat-centre/bookings/>.

Dorje Ling Retreat Centre is situated in an isolated valley approximately one hour's 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 the centre does not have a regular program of teaching, or is there a resident meditation teacher on site. Tashi Choling Dharma Foundation Inc. respectfully acknowledges the traditional owners and custodians of this land, and their elders, past, present, and future. We are grateful for their continued connection with and care for the land for over 60,000 years.

Dorje Ling Retreat Centre is available for hire for both group and solo retreats. Please refer to [the calendar on our web site](#) for current bookings.

Individuals: Meditation program and support

You will be responsible for your own meditation program during your stay. For retreats lasting longer than a few days, we ask that you arrange to have your meditation program approved by a recognised teacher, and that you provide us with contact details for an emergency support person.

Precepts

Dorje Ling Retreat Centre uses the Buddhist Five Basic Precepts as fundamental guidelines. All participants and visitors are required 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 unskillful 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 planning that you organize your food supply ahead of time, and organize 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: \$35 per night
- Families: Adults and children over 16 \$25 per night, children under 16 \$5 per night (Family: 2 adults 2 children or more).

Please Note: Dorje Ling does **not** provide opportunities for volunteering in return for our required facility fee of \$35 per night.

Accommodation

There are a range of accommodation options at Dorje Ling including plenty of tent sites, basic/rustic huts without power or water, small single bedrooms attached to the main building (which has a bathroom) and three recently built cabins with lighting and water. There is a central communal shower block and there are several outdoor toilets around the property. There is plenty of room for campervans but no powered sites.

Accommodation is allocated on a needs basis – elderly and people with disabilities may request the more comfortable bedrooms and cabins while fitter and younger people may need to camp during a large group retreat. Please indicate your accommodation preferences and any special needs on the booking form.

Costs are kept low so as to enable as many people as possible to use the centre for retreats, and to provide support for the ongoing upkeep of this beautiful retreat facility. All accommodation options attract the same daily hire fee.



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 Bank, BSB: 067000, Account name: Dharma Foundation of Tasmania, Account number: 28042904
- Credit card via PayPal, using the email address info@tashicholing.net as the recipient
- For individual retreats, payment can be made to the caretakers on arrival by special arrangement.

Please note that in the absence of special arrangements, all retreats must be paid for in full at least two weeks before the beginning of that retreat.

Dana/Karma Yoga

It is traditional that retreatants, whether group or individual, contribute an hour or two a day as karma yoga (generous service) to the land as a part of any retreat. Caretakers will provide a list of simple activities which can be done during a retreat which supports your need for some physical activity and also assists in the ongoing maintenance of Dorje Ling.

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. The system does not support electrical appliances with an element eg. heaters, hair dryers, kettles.

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

- Torch (solar or battery operated).
- Wet weather gear (raincoat/umbrella)
- Toiletries
- Any personal medications, remedies or supplements you might require (a well-stocked first aid kit is kept on-site and may be used in emergencies)
- Warm clothing (nights especially can be cool at the centre, 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 require removing shoes)
- Sunhat/sunscreen
- Meditation cushions/stool – If you have your own it is a good idea to bring them with you. We have a few available to borrow
- Towel
- Bedding (sleeping bag/doona/blankets, sheets, 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
- For bushfire safety: Woollen blanket, torch, water bottle.

Please note no candles are allowed on the property except tea-lights on the altar in the gomba. These must be extinguished as you leave. The gomba is old, precious, and vulnerable to fire.

Pets

Dorje Ling is located in a remote area of Tasmania. It is a sanctuary for an abundant flora and fauna. For this reason, **no pets** are to be brought onto the property.



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 40 people. Please refer to the conditions for individuals, listed above. The following are the additional terms and conditions for the group 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** is requested 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 provision 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 supplies cooks and caterers**. There are **no shops** in the area (the closest shop is Sheffield, one 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. **Cleaning.** The centre will be cleaned prior to the commencement of hire, and 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.
5. 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 if possible
 - v. all rubbish and recycling to be removed from the premises.
5. **Power.** 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). The caretaker will be responsible for monitoring site battery levels, and advising course organisers regarding moderation of power usage where necessary .
6. **First Aid.** 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 for the duration of the retreat, and to see that all course participants know who the first aid officer is, as well as to supply their own fully stocked first aid kit. A first aid kit is kept on the premises but may be used only in emergencies. It is the hirer's responsibility to ensure that a note is made of any first aid items used from the Centre's kit, and supply funds to the caretaker so that they may be replenished.
7. Emergencies and **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 for use in fire emergencies.
8. **Communications.** 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 to non-existent, and the internet will be available for emergency use only. Dorje Ling has a phone which course participants may use if necessary. 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. **Property.** 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. **Protocols.** 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 and removed at the end of the retreat).

12. **Emergency and Fire Policy.**

- **During summer months, evacuations will be called for if the Tas. Fire Service issues a "Watch and Act" rating.** You will be asked to wind up your retreat 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 Lorinna 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 Centre to drop people off and then leave, unless there are enough car seats remaining 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, all people on the property must immediately make their way to the Gompa paddock for instructions.



- **If required for fire emergencies, 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 for evacuation purposes are: Bob Robinson's Property** 836 Lorinna Road & **Lemonthyme Power Station Area**, Lemonthyme Road. If it has not been possible to leave the valley in good time, evacuation will be to Lemonthyme power station or to Bob's, Bob's being the preferred place. Maps of the route to Bob's property are displayed in significant places on the property so that people can familiarise themselves with the route. Decisions on what happens at Nearby Safer Places be dependent on many factors on the day. Please follow all instructions issued by the caretaker or by the Lorinna fire officer.
- Any group hiring the facility must make it clear to participants that **cancellation and evacuation is a possibility during the fire permit season.**

We dedicate the use of this Centre for the benefit of all sentient beings. We hope that you enjoy and benefit from your stay and we look forward to supporting your retreat.