

# Gaia House @ Seale-Hayne

## JOINING, REGISTRATION AND RETREAT INFORMATION

### Gaia House @ Seale-Hayne

Gaia House are experimenting with holding off-site retreats at Seale-Hayne, a beautiful former agricultural college in extensive grounds, deep in the Devon countryside and only 4 miles from Gaia House.

Our reasons for doing this are many. We wish to create opportunities for more retreats, including ones where learning and insight into the dharma can be gained in different ways than intense meditative practice and pure silence. We hope that this may reach a wider audience, including those put off by the idea of silent retreats, and that it may broaden our offering to those who already thrive on such practice.

Smaller retreats will be conducted in a room within the main listed Seale-Hayne building, centred around a large quadrangle, while larger ones will be in the old refectory, a sunny and bright building overlooking fields to the south. There is plenty of accommodation, with up to 99 simply furnished single rooms available in a separate block. The site is owned by the Dame Hannah Rogers Trust, a charity providing education, therapy, care and respite for children and young people with profound physical disabilities and more information can be seen at [www.hannahssealehayne.com](http://www.hannahssealehayne.com).

A Gaia House @Seale-Hayne retreat will differ in that you will not be called upon to do work periods and ours will not be the only activity on the site and thus other people there will not be on retreat. A representative from Gaia House will be on site for the duration of the retreat and will act as an administrative coordinator, working with both Gaia House and Seale-Hayne to ensure that all runs smoothly.

### About the Retreat

Gaia House offers the opportunity for individuals to engage in retreats with the support of other meditators. To make it possible for Gaia House to offer an atmosphere and environment which is conducive to meditation, it is essential that all retreatants are aware of these guidelines:

- Speak with care/mindfully, and observe silent periods.
- We encourage sensitivity towards all living beings and a non-harming relationship to all life.
- A retreatant takes only that which is clearly given.
- The consumption of drugs, cigarettes or alcohol is not permitted during the period of your retreats.
- Retreatants are asked to abstain from all sexual contact during their retreat.

Retreatants are expected to participate for the full retreat and can only shorten a retreat with the permission of a teacher. Retreatants are also requested to commit themselves fully and are expected to stay on the premises or within the immediate vicinity except in an emergency. If you need to leave the house during your retreat please inform your on-call Coordinator or teacher of your plans.

### Retreat Fees

Gaia House is committed to keeping the daily rate as low as possible. We have three rates: a standard rate, a supported rate and sponsor rate. The standard rate is calculated to cover the actual running costs of Gaia House. The supported rate does not cover our running costs but is available for those who feel unable to pay the standard rate. Our Sponsor Rate gives, those that wish to, an opportunity to pay more. The difference between the standard and sponsor rate is a direct, non-refundable donation which goes straight into the Retreatant Support Fund.

*To help us with the smooth running of registration we now require all retreats to be paid in full four weeks prior to the start date of your retreat. If any retreat balance is not fully settled 1 month prior to the start of the retreat, Gaia House may, at their discretion, cancel a retreat and make the place available to others wishing to attend the retreat.*

### Cancellations

Cancellation of a Group Retreat more than a month before it starts will incur a £40 fee with the rest of the deposit refunded.

Cancellation of a Group Retreat 29 – 15 days before the retreat starts will incur a fee of £70. Cancellation of a Group Retreat 15 days or less before the retreat starts will incur the loss of the full amount. All cancellation fees are placed in our Retreatant Support Fund.

Cancellation of a Sponsor Rate booking will incur fees or be eligible for refunds against the standard cost of the retreat; the additional amount constitutes a direct donation to the RSF.

### Silence

Teachers leading Gaia House @ Seale-Hayne retreats may wish to request that retreatants maintain silence for periods during the Group Retreat. During these times retreatants will be encouraged to restrict themselves to the retreat space, the accommodation and meal locations, otherwise keeping themselves away from any other activities that may be occurring on site.

### Food

A form is attached with this email, which we would ask **all** retreatants to complete and return to us within the next 2 weeks. Food offered will be vegetarian/vegan with a simple alternative for those with specific dietary requirements. Special dietary needs cannot be accommodated at registration.

If you take any form of supplements as a regular part of your diet please ensure that you bring enough to last for your stay at Seale-Hayne.

### Extending your Retreat

Unfortunately, extra night accommodation will not be possible for Seale-Hayne retreats, if you need to arrive early or stay on in order to fit with travel arrangements then you will need to make your own arrangements.

### Start and End of Retreats

Registration is between 2.00 – 5.00 pm, with an evening meal served before the opening talk at 7.30 pm. The retreat will end after lunch (around 1pm).

### What To Bring

Plenty of warm clothing for cool weather at all times of the year.  
Indoor shoes, Rain coat / waterproof boots or walking boots  
General toiletries  
We supply meditation cushions & mats.  
Bring a torch in case of power cuts

## Telephone Calls/Personal Mail/Email

To support a meditative environment it is recommended that retreatants do not make telephone calls during the period of their stay. There is no access to email, fax or photocopier facilities.

## Generosity (Dana)

Teachers do not receive any payment from Gaia House except for the reimbursement of their travel expenses. In line with Buddhist tradition the teachings are offered freely. However the livelihood of most of our teachers depends wholly, or to a large extent, on the generosity of the voluntary contributions given by retreatants at the end of a retreat. This expression of giving is one aspect of dana, a pali term for generosity. Without this generosity the form of retreat given at Gaia House would be unable to continue.

## Rooms/Wheelchair Access

All the rooms on this retreat are single rooms. Accommodation is in a 2 storey dormitory block which is approximately a 2/3 minute walk from the main retreat area, please note as per our retreat information, Seale Hayne is unable to offer access to those in wheelchairs.

## Travelling to Seale Hayne



**Click on the link below to take you to the specific page on the Seale Hayne website.**

<http://www.hannahssealehayne.com/contact/findsealehayne.cfm>

## By Train or by Bus:

Seale Hayne is on the outskirts of the town of Newton Abbot which is 3 - 4 hours by train from **London (Paddington)** railway station.

**From Heathrow Airport** take the rail-air link bus to Reading Station for a direct service to Newton Abbot.

**From Gatwick Airport** either take a train to Reading (change there for Newton Abbot) or, travel to London via Victoria Station and the London underground to Paddington Station.

## Taxi Share system from Newton Abbot Train Station

We are now working with a local taxi company to provide a better and more efficient service to and from the station. Please pre-book your taxi before arrival, contact Dave at D&M Taxis on 01626 441170 or 07905 612824 or via his website [www.dmtaxisnewtonabbot.co.uk](http://www.dmtaxisnewtonabbot.co.uk). When booking your taxi they will need your name, date of arrival, train time and a contact telephone number. They will plan and schedule a taxi share system for all those who pre-book.

**National Express buses** to Newton Abbot depart from **Heathrow Airport and Victoria Coach Station in London**. These buses stop beside the railway station in Newton Abbot.

## By Car



## CAR SHARING

Sharing a car saves on travel expenses and contributes to environmental protection. We do offer a lift-share facility on our website and would encourage you to look this up and submit a note if you can offer or are looking for a lift.

**Please Note:** On the last day of the retreat we have time to organise lifts. It is usually possible to get a lift to Newton Abbot train station. At this time it is also possible to organise taxi shares if a lift to the station is not possible.

## For Further Information

Please telephone 01626 333613 or

Email: [info@gaiahouse.co.uk](mailto:info@gaiahouse.co.uk)