

ABOUT OUR RATES

The teaching and service from the Teachers, Coordinators and Volunteers at Gaia House is offered freely. Our retreat rates cover the cost of food, accommodation and Teachers' travel expenses only.

The Practice of Dana & Generosity

Towards the end of your retreat you will be invited to offer Dana (a donation) for the teachers who have guided your retreat or practice, for the Coordinators who care for the retreatants and retreat space, and for the support of Gaia House. This is an invitation to participate in the spirit of generosity, known as Dana in the Buddhist teachings, that has sustained the tradition and teachings for more than 2,500 years.

What the rates mean

Standard: This covers the basic running costs of your stay and is the rate we ask everyone to pay if they can.

Supported: For anyone who feels that they cannot afford the Standard Rate; available online or via the telephone.

Sponsor: A benefactor rate, which helps others to come here on the Supported Rate. (Please note that the Sponsor Rate includes a non-refundable donation).

Young Persons: for young people aged between 16 – 25 years without the financial means to meet the costs of coming on retreat. There are limited places for the Young Person rate, please contact Reception to book.

Retreatant Support Fund (RSF): If you cannot afford our rates you can make a confidential application for additional support from the RSF. This rate is intended to help people on a low income with no, or few, savings. RSF places are limited to three per group retreat and two personal retreatants at any one time. An individual can apply for no more than two group retreats or 30 nights personal retreat per year. Please contact Reception if you wish to apply for this support.

ABOUT RETREATS

Our retreats are predominantly based in the practices of Insight (Vipassana), LovingKindness (Metta) and Zen meditation, and are taught by leading meditation teachers. Guidance and support is given by the teachers through meditation instructions, Dharma teachings and discussion in small groups and/or individual meetings.

The daily retreat schedule at Gaia House consists of alternating periods of walking and sitting meditation, held in a background of silence.

There is a 1-hour work period each morning and a rest period after lunch.

Retreats begin in the early evening of the first day with registration between 2-5pm to enable you to settle in before tea at 6pm. Retreats of 2-3 nights will end at around 4pm and longer retreats finish at lunchtime on the last day.

The silence is lifted during registration and at the end of the retreat there is also a short non-silent period.

We ask you to commit to attending the entire retreat. If, for any unexpected or urgent reasons, you are unable to do so please let us know.

Personal and work retreats

For experienced meditators seeking longer-term solitude, we offer personal and work retreats. These are available only to those with prior experience of at least two weeks' group retreat, of the kind offered at Gaia House, and an established meditation practice.

To apply a Retreat Application Form must be completed and submitted for teacher approval, this is available on our website.

Meals and accommodation

Gaia House offers a healthy, balanced vegetarian diet that may include eggs and dairy produce. There is an alternative 'Simple Diet' (of rice, steamed vegetables and pulses or tofu) at lunch for those who prefer to eat simply. Breakfast and lunch are substantial meals, with a lighter supper of soup and bread.

We offer comfortable but basic accommodation, mostly in same-sex rooms for two or three although younger retreatants may be in a dormitory of up to 6 people. We have a very limited number of single rooms and these are allocated according to medical needs followed by considerations of age.

During the summer months we offer a few camping places at a reduced rate for those attending our group retreats only. However please be aware if there is poor weather, we may be unable to accommodate campers in the house.

ESSENTIAL BOOKING INFORMATION

How to book

To book a group retreat or apply for a personal or work retreat placement please visit our website www.gaiahouse.co.uk.

Please contact our reception team on 01626 333613 or info@gaiahouse.co.uk if you have questions about a retreat or need assistance in your registration.

Please note that there are changes to our deposit and cancellation policy which will apply to all new bookings from 1st November 2014.

NEW Deposits and payment information

All retreats must be paid for in full at least one month prior to the start of the retreat.

Retreats of 3 nights or less must be paid for in full at the time of booking.

Retreats of 4 nights or more require a £100 non-refundable deposit to reserve your place. The balance must be paid at least one month before the retreat start date.

Personal and Work Retreats should be paid for only after receiving confirmation of your place and dates.

If you have not settled your balance by the due date, and the retreat is full, your place may be cancelled and offered to a person on the wait list.

NEW Cancellations and refunds

To avoid the need for cancellation please ensure you are clear about your dates and retreat costs before you book. In the event of cancellation a fee will apply depending on how much notice is given before the start date of your retreat. These are as follow:

One month (or more) = your deposit (£100).

2-4 week = half the cost of the retreat or your full deposit, whichever is greater

2 weeks (or less) = full cost of the retreat.

Where a cancellation fee is charged the amount is placed in the Retreatant Support Fund (RSF) after a £20 administration fee has been applied.

Changes to your booking

Transferring bookings, payments or deposits from one retreat to another is not possible due to administrative complications. If you wish to change your booking to a different retreat you need to cancel the old one and book the new one. Normal cancellation fees apply.

Travel arrangements

All bookings are provisional until confirmed by Gaia House. Please do not make any travel arrangements until after you receive confirmation of your booking. Gaia House cannot be held liable for travel costs.

Food policy

Gaia House is not able to cater for individual dietary needs or preferences. However we do provide vegan, non-dairy and wheat/gluten-free options which are available by request at registration on arrival.

Food Allergy/Sensitivity: Whilst cooks endeavour to label any potential 'problem' ingredients, we cannot guarantee to do so. We cannot label the ingredients of soups or left-overs at tea-time.

Please see our website for our full terms and conditions prior to making your booking.



GAIA HOUSE

INSIGHT MEDITATION IN THE BUDDHIST TRADITION



GAIA HOUSE
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RETREAT PROGRAMME 2015



ABOUT GAIA HOUSE

Set amongst the gentle South Devon countryside, Gaia House offers a sanctuary of contemplative calm in which to explore and develop serenity, wisdom and compassion through meditation and mindfulness.

Founded in 1983, we offer a year-round programme of silent retreats with meditation instruction and teachings drawn from the breadth and depth of the Buddhist traditions.

The environment offered at Gaia House is one of silence, rural tranquillity, simplicity of lifestyle, sensitivity to the needs of others, and a commitment to ethical behaviour rooted in non-harming, compassion, kindness and generosity.

Gaia House is open to those of any faith tradition or none. We do not discriminate on the basis of beliefs, ethnicity, gender, sexual orientation or disability.

DATES	RETREAT TITLE	TEACHERS	CODE	STD	SUP	SPON	YP	KEY
15th - 18th Jan	Origins & Application of Mindfulness (MBCT/MBSR Retreat)	Christina Feldman Jenny Wilks John Peacock	15130	£180	£153	£216	£54	C
23rd - 28th Jan	This Body is the Universe	Martin Aylward	15131	£270	£230	£324	£81	A
31st Jan - 3rd Feb	Inner Listening	Alan Lewis	15132	£180	£153	£216	£54	A
5th - 8th Feb	Contentment and Joyful Living	Leela Sarti	15133	£180	£153	£216	£54	A
12th - 15th Feb	Discovering the Heart's Path of Joy	Kirsten Kratz	15134	£180	£153	£216	£54	A
18th - 21st Feb	A Path of Freedom	Jake Dartington Paul Burrows	15135	£180	£153	£216	£54	A
24th Feb - 1st Mar	Meditation and Mindfulness in Daily Life	Martine Batchelor Christopher Cullen	15136	£270	£230	£324	£81	A&B
6th - 8th Mar	Mindfulness: beyond the 8-week course	Jenny Wilks Jake Dartington	15137	£120	£102	£144	£36	C
13th - 18th Mar	Insight Meditation and Qigong - March	Norman Feldman Brad Richecoeur	15138	£270	£230	£324	£81	A
20th - 25th Mar	Insight Meditation and Yoga retreat	Yanai Postelnik Helen Stephenson	15139	£270	£230	£324	£81	A
27th - 29th Mar	The Path of Insight Meditation - Dana Retreat	Yanai Postelnik	15140	£30		£36		A
2nd - 6th Apr	Practising Presence: Touching the Still Heart	Akincano Weber	15141	£216	£184	£259	£65	A
9th - 14th Apr	Buddhism for Hard Times	Ken Jones	15142	£270	£230	£324	£81	A
9th - 14th Apr	Work Retreat	Paul Burrows	15143	£40	£34	£48	£48	A

Key: Indicates who the retreat is suitable for; i.e. level of experience or where a retreat has specific requirements for attendance.
 A = Suitable for all B = Particularly suitable for beginners C = Special criteria* E = Experienced
 *Please see website or ask Reception for details about special criteria for attendance.

DATES	RETREAT TITLE	TEACHERS	CODE	STD	SUP	SPON	YP	KEY
18th - 25th Apr	Sön Retreat	Stephen Batchelor Martine Batchelor	15144	£378	£321	£454	£113	E
29th Apr	Meditation Day - Being Intimate with Life	Kirsten Kratz	15145	£30		£36	£9	A&B
1st - 4th May	Return to the Boundless Heart	Catherine McGee Jaya Karen Rudgard	15146	£180	£153	£216	£54	A
8th - 10th May	Mahasi Weekend Retreat	Bhante Bodhidhamma	15147	£120	£102	£144	£36	A
8th - 17th May	Mahasi 9 Day Retreat	Bhante Bodhidhamma	15148	£432	£367	£518	£130	A
22nd - 25th May	The Joy of Awakening	Jenny Wilks Jaya Karen Rudgard	15149	£180	£153	£216	£54	A
28th May - 6th Jun	Dhamma Everywhere	Sayadaw U Tejaniya	15150	£432	£367	£518	£130	A&B
10th Jun	Meditation Day - Calming the Mind, Freeing the Heart	Jenny Wilks	15151	£30		£36	£9	A&B
13th - 20th Jun	Touching Earth. Insight Meditation Reflection and Ritual	Catherine McGee	15152	£378	£321	£454	£113	A
25th - 30th Jun	The Four Immeasurables	Caroline Jones Zohar Lavie	15153	£270	£230	£324	£81	A
2nd - 5th Jul	The Wise and Loving Heart	Yanai Postelnik Kirsten Kratz	15154	£180	£153	£216	£54	A
9th - 14th Jul	Living with Illness and Loss	Caroline Jones Jean Wilkins Zohar Lavie	15155	£265	£225	£318	£81	A&C
18th - 25th Jul	Secular Buddhist Meditation Retreat	Stephen Batchelor Martine Batchelor	15156	£378	£321	£454	£113	A
30th Jul - 2nd Aug	Family Retreat	Jake Dartington Paul Burrows	15157	£180	£153	£216	£54	C

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7th - 13th Aug	Path of the Imaginal	Rob Burbea	15158	£324	£275	£389	£97	A&C
15th - 17th Aug	Young Persons' Retreat - Calm, Kindness, Insight	Kirsten Kratz	15159	£40	£34	£48	£36	B&C
20th - 29th Aug	Right Concentration	Leigh Brasington	15160	£432	£367	£518	£130	C&E
2nd - 9th Sep	Friendliness, Mindfulness and Liberation	John Peacock Jenny Wilks	15161	£378	£321	£454	£113	A
11th - 18th Sep	Mindfulness, Insight, Liberation: MBCT/MBSR Foundations	Christina Feldman John Peacock Christopher Cullen	15162	£378	£321	£454	£113	C&E
21st - 25th Sep	The Beauty of Belonging	Kirsten Kratz Paul Burrows	15163	£216	£184	£259	£65	A
28th Sep - 3rd Oct	Untangling the Tangle: Study/Practice Retreat	Christina Feldman John Peacock	15164	£270	£230	£324	£81	E
6th - 11th Oct	Awake in our Bones: Embodiment, Presence and Awakening	Martin Aylward Gail Aylward	15165	£270	£230	£324	£81	A
16th - 24th Oct	Embodying the Awakened Heart	Yanai Postelnik Leela Sarti	15166	£384	£326	£461	£115	A
1st - 29th Nov	November Solitary	Christina Feldman Yanai Postelnik Rob Burbea Catherine McGee	15167					C&E
4th - 6th Dec	Loving-Kindness and Compassion	Yanai Postelnik	15168	£120	£102	£144	£36	A
11th - 15th Dec	Insight Meditation and Qigong - October	Catherine McGee Brad Richecoeur	15169	£216	£184	£259	£65	A
18th - 20th Dec	What is Mindfulness	John Peacock	15170	£120	£102	£144	£36	A&B
28th Dec - 3rd Jan	New Year Retreat	Kirsten Kratz Jake Dartington Paul Burrows	15171	£324	£275	£389	£97	C

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