

5-DAY MEDITATION RETREAT
led by **Professor B. Alan Wallace**

The Way of *Śamatha*: Soothing the Body, Stilling the Mind, and Illuminating Awareness

22-26 January 2016
at HKU Kadoorie Centre, Shek Kong, N.T., HK

Sponsored by MaMa Charitable Foundation
Organized by Centre of Buddhist Studies, HKU

Registration Guidelines

A. Registration

Please read the **RULES & REGULATIONS** for more details about the retreat before registration.

The registration quota is 70. Registration is on a first-come-first-served basis. Successful applicants will be notified by email. If the event is full when we receive your cheque for registration fee payment, we will notify you and void your cheque. All fees paid is NOT refundable. Please register by:

A1. Registration Form

Please send the completed registration form with a crossed cheque[#] for paying the registration fee.

A2. Online Registration

- i. Online registration weblink – www.buddhism.hku.hk/mamafoundation.html
- ii. You will get a 6-digit registration reference no. after completing the online registration.
- iii. Please send a crossed cheque[#] for paying the registration fee.

[#]Crossed cheque for paying the registration fee

Please make cheque payable to “**The University of Hong Kong**” and write your name and contact no. at the back of the cheque. Please also quote your 6-digit registration no. if you register online. Please send the cheque to

Centre of Buddhist Studies

Room 4.15, 4/F, The Jockey Club Tower, Centennial Campus

The University of Hong Kong, Pokfulam, HK

B. Registration fee

HK\$2,000/person for 6-persons shared room (public bathroom outside the room)

HK\$2,700/person for 3-persons shared room (with private bathroom in the room)

Due to limited room availability, we will notify you if your preferred room type is not available. All fees paid is NOT refundable.

C. Language

The retreat will be conducted in English.

D. Enquiry

Ms Amy Yu

Tel.: 3917 5078

Email: hkucbs@hku.hk

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RULES & REGULATIONS

1. The retreat will be conducted in English.
2. Only successful applicants can join the retreat. Full participation in the whole retreat is required.
3. No parking space will be provided.
4. Participants will stay in shared 3-person/ 6-person room as assigned. As each room will be shared by several participants, the room doors will not be locked during the retreat period. No locker or property keeping service will be provided. Please don't bring valuable items to the retreat.
5. Vegetarian breakfast, lunch, and dinner will be provided. Drinking water will be available throughout the day. Please refrain from taking intoxicants, including alcohol and smoking.
6. To support an environment conducive to cultivating peace of mind and wisdom, please observe noble silence throughout the retreat and in all areas of the venue. All kinds of electronic communication devices should therefore be switched off.

What to bring:

1. Sitting cushions will be provided during the retreat, but participants are encouraged to bring their own sitting cushions if they have one. Please bring jackets and large towel to keep you warm during meditation.
2. Please wear decent and comfortable clothes (no jeans or tight clothing, etc). Avoid wearing clothes which emit noises while you have body movement. As you have to take off your shoes before entering the meditation hall, please wear shoes that can be easily taken off. Please also wear socks for hygiene and warmth.
3. Clean bed, pillow and blanket will be provided. You may also bring your own sleeping bag.
4. Please bring daily necessities, such as mosquito expellant, bathing towels, slippers, toothbrush, toothpaste, shower gel, shampoo, etc.
5. Drinking water will be available throughout the day. Please bring your own bottle.