



Gampo Abbey In-House Retreat for 2020

Mon, May 18 – Mon, May 25 | Mon, May 25 – Mon, June 1

\$600 CAD per week (Patron level: \$700 CAD per week)

Join the Gampo Abbey community for a retreat this year! Our In-House Retreat is an opportunity to live, practice, and work alongside Abbey monastics for one or two weeks.

Participants in this retreat will join the monastics and lay residents in all aspects of the schedule, which includes four hours of practice per day, as well as service to the community and time for reflection. We strongly recommend that applicants already have an established meditation practice.

In-house retreatants will be asked to support the community by helping in the kitchen, working in the garden, tending the grounds, or assisting with housekeeping tasks as their service. Each retreatant will be assigned a meditation instructor. The Abbey also has an outstanding library of Buddhist and other literature and an extensive digital library of dharma talks, particularly by Gampo Abbey's principal teacher, Gelongma Pema Chödrön. The Abbey is located near Cape Breton's scenic Cabot Trail, with many walks and trails accessible virtually from our front door.

PLEASE NOTE: Gelongma Pema Chödrön will not be at the Gampo Abbey during the period of the In-House Retreats.

We practice silence daily from wake-up until lunch and again after evening chants. Saturdays are open days (no schedule). Each Sunday is an intensive practice day in silence.

This is the daily schedule Monday to Friday:

5:30 am House wake-up
6:00-6:40 Sitting meditation & morning chants
6:40-7:00 House jobs (cleaning the Abbey)
7:00 Breakfast
8:00-11:00 Sitting and walking meditation
11:00-12:30 Mind/body period (rest, study, exercise, or reflection)
12:30 Lunch
1:30-5:00 Service period
5:30-6:30 Sitting meditation and protector chants
6:30-7:30 Dinner (medicine meal)
8:00 Silence begins

All guests and residents at Gampo Abbey follow the **five precepts**, which are:

- Refraining from taking life
- Refraining from stealing (not taking what is not offered)
- Refraining from sexual activity
- Refraining from lying
- Refraining from drinking alcohol or taking intoxicating drugs

Gampo Abbey
Pleasant Bay, Cape Breton, Nova Scotia, B0E 2P0
Tel: (902) 224-2752, Fax: (902) 224-1521
E-mail: office@gampoabbey.org

These vows are taken for the duration of your time at the Abbey. This means that if you leave the Abbey grounds during your stay, you are expected to maintain your vows.

The **Basic fee is \$600 CAD** per week, which includes three vegetarian meals per day and onsite accommodations.

The **Patron fee of \$700 CAD** per week is for those who are able to provide additional support, so that we are able to hold some spaces at the **Generosity fee** level (which may be requested in your application).

Once your application has been approved, a deposit of **\$250 (per week)** is required in order to finalize your booking. Deposits are non-refundable if you cancel less than 30 days before your retreat. The balance owing for your retreat is due upon your arrival at the Abbey.

In order to minimize disruption to the daily schedule retreatants must arrive on the first day of the retreat: either **Monday, May 18th** for one or two weeks, or **Monday, May 25th** for one week. The Abbey will assist with coordinating the travel plans for all in-house retreatants who will not be driving their personal vehicles to arrive at and leave the Abbey. Shuttle fees are paid in cash at the time of pick-up approximately \$125 CAD each way will apply.

When planning your clothing for the Abbey, let your respect for the monastic environment guide you. Tank tops and shorts are not worn on Abbey property but may be worn at the beach. Sleepwear and bathrobes are not worn in public areas. Tight-fitting or revealing clothes are not acceptable at the Abbey. In the Shrine Room we ask people not to wear jeans or shirts with patterns, logos, or writing on them. Comfortable, loose fitting clothing for long periods of sitting works best.

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Gampo Abbey In-House Retreat Application Form

Name: _____ Date of Application: _____

Address: _____ ZIP/Postal Code: _____

Phone: / / E-mail: _____ Age: _____ Gender: _____

What is your main meditation practice? _____ How regularly do you practice? _____

How long have you been practicing? _____ Have you taken refuge? _____

In what study programs, retreats, etc. (if any) have you participated? _____

Current Center Affiliation (if any): _____ Meditation Instructor (if any): _____

Why would you like to come to Gampo Abbey to do an In-House Retreat?

Are there any physical or psychological reasons why you could not follow the practice or service schedule?

Have you been to the Abbey before? _____ If so, when? _____

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Please mark which week or weeks you would like to attend:

_____ **Week 1: Monday, May 18 to Monday, May 25**

_____ **Week 2: Monday, May 25 to Monday, June 1**

Please mark your transportation preference:

_____ I will travel to the Abbey in my own vehicle

_____ Please book me a shuttle from Halifax
(\$125 CAD **each way**, payable to shuttle driver)

Fees

The Basic fee is **\$600 CAD per week**. We also have a Patron's fee of **\$700 CAD per week** and a Generosity (pay-what-you-can) fee. This includes your accommodation and three vegetarian meals a day. Once your application has been approved a deposit of \$250 is required in order to finalize your booking. Deposits are non-refundable if you cancel within 30 days of your retreat. Payment of the deposit by credit card is preferred to hold your spot.

Please select which fee rate you will pay: Basic \$600/wk _____ Patron \$700/wk _____ Generosity _____

TOTAL: \$ _____

_____ I am physically and psychologically able to practice sitting meditation 4½ hours a day

_____ I am able to abide by the 5 precepts as required at Gampo Abbey

The five precepts are:

- Refraining from taking life**
- Refraining from stealing**
- Refraining from sexual activity**
- Refraining from lying**
- Refraining from intoxicants**

Signature: _____

Date: _____

Please return this completed form by email to *office@gampoabbey.org*.

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