

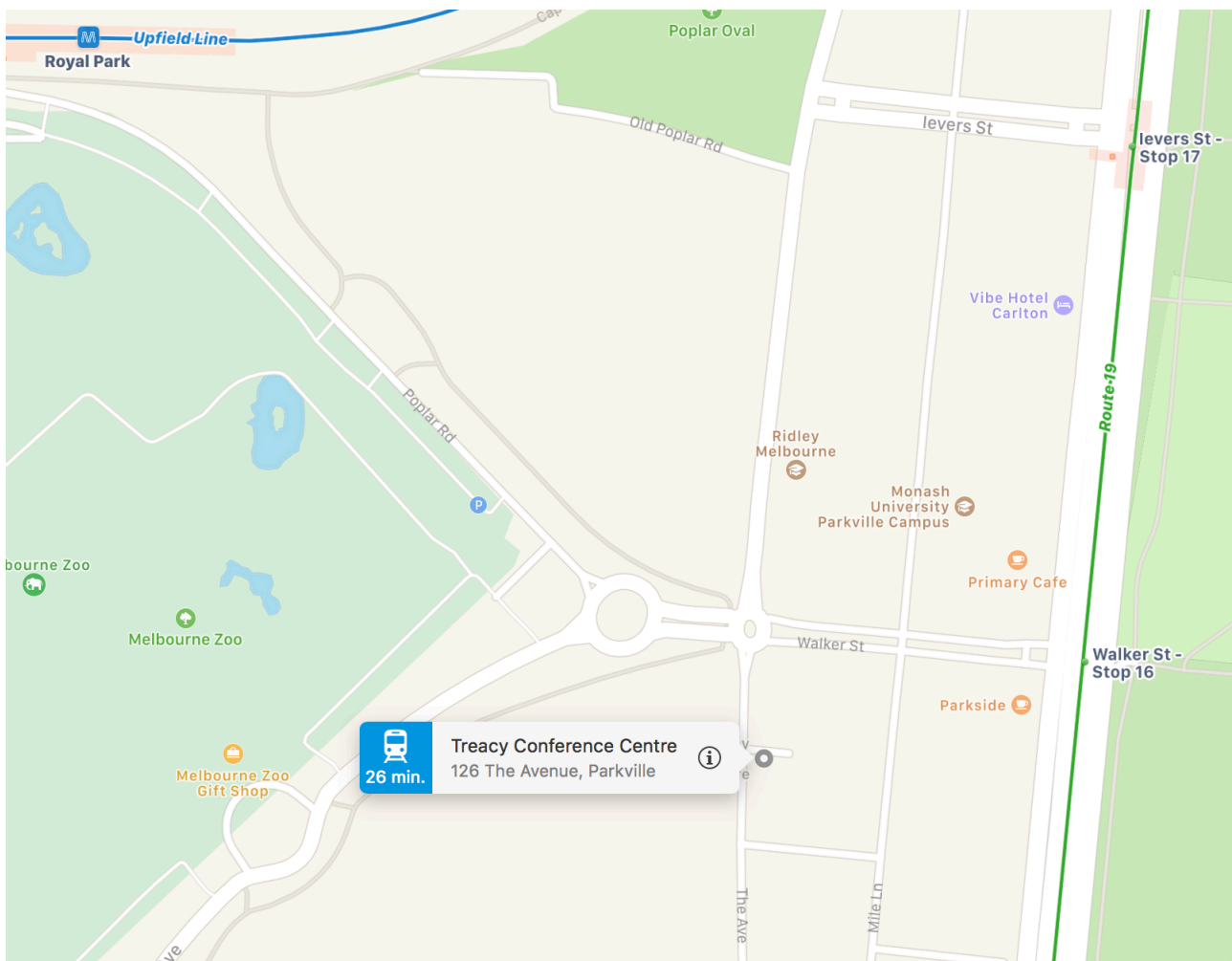
# Important Information for Attendees

## Pointing Out Level 1 Retreat

Hello, and welcome to the Pointing Out Australia community. The Pointing Out Level 1 Retreat will begin soon, and the information included here will provide all the details to help you create a smooth, easy entry into the retreat.

## Getting to the Retreat

The Treacy Centre has detailed info at their site:  
<http://treacycentre.com.au/location/>



## Public Transport

The Victorian public transport system uses the 'Myki' card, which is not sold on the trains, trams or buses. There are self-service machines at the major train stations and some tram stops, or over the counter at newsagents and convenience stores like 7-11.

Official site: <https://www.ptv.vic.gov.au/getting-around/visiting-melbourne/>  
Journey planner: <https://www.ptv.vic.gov.au/journey>

**Trams:** take the **#19 tram** to **stop 16** on Royal Parade.

On the map above, the tram stop is on the right hand side  
<https://goo.gl/maps/rMCPm25Lgpw>

**Trains:** take the **Upfield** line to the **Royal Park Station**

On the map above, the train station is in the top left corner  
<https://goo.gl/maps/zMQzBCq8v5D2>

## Car Parking

There is paid and unpaid parking around the venue, including the car park for the Melbourne Zoo. You may need to refresh your parking permit during the breaks. More details on the Treacy Centre location page linked above

## Date, Times, Schedule

The retreat will begin at 6:00 PM Thursday 21 March 2019 and end at noon on Thursday 28 March 2019. The first session will end around 9:00 PM. Please arrive at the Conference Hall by 5:45 PM to sign in.

## Daily Schedule:

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Subject to modification once retreat begins

Morning Session: 10:00 AM to 12:30 PM

Afternoon Session: 2:30 PM to 5:00 PM

Evening Session: 6:00 PM to 8:00 PM

<https://www.pointingoutaustralia.org/2019-events/level-1-retreat/schedule/>

*It is very important to attend every session. The retreat is designed sequentially, and every session builds on the previous session.*

*If for some reason you must miss a session, such as illness, please contact us as soon as possible - see the Emergency Contact numbers below.*

**You will not be permitted to attend subsequent sessions unless you have made an arrangement with Dr Brown in advance.**

## Meals

Morning and afternoon tea will be provided throughout the retreat by the Treacy Centre, and fruit and sandwiches for the 5pm break

We will **not** have access to refrigeration or a microwave at the Treacy Centre, so if you intend to bring meals please plan accordingly. In good weather, there is lots of outdoor space at the centre and in Royal Park, a blanket will be helpful. In bad weather, there are indoor facilities.

There are lots of restaurants and cafes nearby on Sydney Road, most about a 15 minute walk or a very short tram-trip away. Given dinner break is only 1 hour, it can be a bit of a rush. Many participants bring a light snack for dinner break and many have dinner after the evening session ends.

## Attire and Seating:

Please wear comfortable loose clothing appropriate for a meditation retreat. The conference centre is air conditioned, and at times a light jumper or shawl is a good idea.

Melbourne weather can be extremely unpredictable, so make sure you have something for hot / cold / rainy conditions.

Chairs are provided. It is fine to do the entire retreat in a chair if that works best for you. Bring a light pillow if you can to make the chairs more comfortable.

If you prefer to sit on a meditation cushion, you will need to bring your own. Mats are optional - the floor is carpeted.

Normal home cushions do not usually work well - You can buy meditation cushions online for around \$60 from retailers.

Committee members have used and can recommend the following online suppliers:

<https://www.empind.com.au/shop/item/yoga-meditation-zafu-zabuton---cushions-pillows/zafu-and-zabutons> for traditional cushions and mats, including inflatable travel versions

<https://www.blackdragonseats.com.au> for a meditation seat with a modern design

## General Retreat Etiquette:

We try to keep "rules" to a minimum, but for the benefit of all participants, we ask that you follow these guidelines:

- Please be in the hall and ready to begin at least 5 minutes before the beginning of each session.
- **Except for emergencies**, do not leave the hall during a lecture or meditation session. If you must step out, please go and return quietly.
- Please turn off your phone or put it on airplane mode before you enter the meditation hall. Putting it on silent is not adequate - the vibration will be audible during meditation sessions, and will distract the other attendees.
- Please do not use your phone at any time while in the meditation hall. To avoid disturbing fellow meditators, please go outside the building to make calls.
- Many participants like to use the times before and after formal sessions to meditate or rest. Please limit any talking or noise in the hall if anyone is meditating or resting.

## Emergency Contacts:

Nigel Denning: 0407 097 722

Luke Toop: 0403 505 402

If you have any questions or concerns, please email the organisers:  
[info@pointingoutaustralia.org](mailto:info@pointingoutaustralia.org)

Looking forward to seeing you at the retreat!

Nigel Denning  
for Pointing Out Australia.

For more information, please visit our website at  
<https://PointingOutAustralia.org>