

Dragon Bell Temple

Residential retreats

3 night retreat: Mon 5th – Thursday 8th December 2022

4 night retreat: Mon 22nd – Friday 26th May 2023

Eden Rise, Sandwell Barns, Harberton, Totnes

The Dragon Bell retreats will follow a sesshin (intensive meditation retreat) type schedule, predominantly silent, with the time spent centred on seated meditation. It will be a retreat schedule typical of the Order of Buddhist Contemplatives (OBC), led by Rev. Willard.

The retreat starts at 5.00pm and ends at 5.00pm on the first and last dates.

Eden Rise retreat venue is situated in countryside two miles to the West of Totnes, and comprises two converted barns purposely adapted for holding residential retreats.

Managed by the charity, Network of Wellbeing. Website –

<https://networkofwellbeing.org/eden-rise/>

In order to attend:

- It is a minimum requirement that you have either: at least had an introduction to our practice at an OBC place of training or - you have attended residential retreats of another sangha/order that follows in the Soto Zen tradition*.
- It is preferable, but not essential, that you have had a previous residential stay at one of our OBC temples.
- You must be aged 18 or over.

The venue is booked and paid for up to 10 people, additional places can be added by arrangement, no later than a month before the retreat starts.

For 10 people, each will have an individual bedroom. If additional people book then some would be sharing dormitory sleeping if possible. The maximum capacity will be 17 depending on people's ability to share.

It will only be possible to join for the whole of a retreat.

Further details will be sent to you after booking.

The deadlines for bookings are:

- **5th November for the December 2022 retreat**

- **22nd April for the May 2023 retreat**

Once booked, you will be on a confirmed list or a waiting list. Please let Willard know as soon as possible if you need to cancel your place.

The charity, Dragon Bell Temple, is covering the costs of renting Eden Rise and the food. There will be an alms bowl at the retreat if you wish to make a voluntary donation.

To book

Contact Willard by phone or email:

Mob no. 07342 200 782

Email: dragonbelltemple@protonmail.com

If you have any questions about any of the above, anything about your participation, please ask Willard.

More details will be sent to you by email, after you have booked.

* Please call and have a chat with Willard if you haven't sat with an OBC group before.