

# **Dragon Bell Temple**

## **Residential meditation retreats**

### **2023**

**Monday 22<sup>nd</sup> – Friday 26<sup>th</sup> May**

**Wednesday 6<sup>th</sup> – Sunday 10<sup>th</sup> December**

Eden Rise, Sandwell Barns, Harberton, Totnes

The Dragon Bell Temple retreats will follow a sesshin (intensive meditation retreat) type schedule, predominantly silent, with seated meditation periods scheduled throughout the day. It will be a retreat schedule typical of the Order of Buddhist Contemplatives (OBC), led by Rev. Willard.

The retreat starts with arrival from 5.00pm and ends before 5.00pm on the last day.

Eden Rise retreat venue is situated in countryside, two miles to the West of Totnes. The property comprises two converted barns purposely adapted for holding residential stays. Eden Rise is managed by the charity, Network of Wellbeing, their website – <https://networkofwellbeing.org/eden-rise/>

#### **In thinking about attending please consider:**

- It is a minimum requirement that you have either:
  1. had an introduction to our practice at an OBC place of training or -
  2. you have attended residential retreats with another sangha/order that follows in the Soto Zen tradition of practice\*.
- It is preferable that you have previous experience of residential meditation retreats.
- You must be aged 18 or over.
- It is only possible to attend the whole retreat.

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 / dormitory screened “pod”. If additional people book they will be placed on a waiting list and some room sharing may be necessary. The maximum capacity will vary depending on the time of year, in warmer weather, some camping facilities are available.

Further details will be sent to you after booking.

**The deadline for booking is one month before the start date**

Once booked, you will be on the confirmed list or the waiting list.

**Please let Willard know as soon as possible if you need to cancel your place.**

**Dragon Bell Temple will be covering the costs of renting Eden Rise and the food for these events. Dragon Bell is a registered charity that relies on donations to exist. If you would like to support the temple, there will be an alms bowl at the venue for making voluntary donations. There is no charge for attending these retreats.**

## **To book**

Contact Willard by phone or email:

Mob no. 07342 200 782

Email: [dragonbelltemple@protonmail.com](mailto:dragonbelltemple@protonmail.com)

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

After you have booked, further details and a questionnaire will be sent to you by email.

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