



AWAKENING TO OUR TRUE NATURE WITH THE FOUR FOUNDATIONS OF MINDFULNESS

7 DAY SILENT MEDITATION
NATURE RETREAT

March 24 to 30, 2023
Kiao beach, Napsan, Palawan



PHILIPPINE INSIGHT,
MEDITATION COMMUNITY



mindfulness asia



BAHAY
KALIPAY
Retreats

wellness, balance, transformation



ABOUT THIS RETREAT

Awaken to your true nature with the Four Foundations of Mindfulness. This is an integral practice taught by the Buddha and part of the Theravāda lineage. The essence of this practice is timeless and has been practiced for thousands of years in many parts of the world.

This retreat is centered around cultivating a grounded, embodied practice that lends towards concentration, direct experience of the body, feeling tones, mind states, and the Dhamma. A deeper connection with your inner world is directly experienced and can deepen your relationship with pristine nature around you. The vibrant surroundings and culture of Palawan island will hold this retreat in a beautiful way.

This retreat will include heart practices and connect with the elements to support and nourish your healing.

Practice periods will include silent and guided sitting, walking meditation, and Dhamma talks. Mindful activities facilitated by the tribal village members will allow you to learn their ways and dwell in the joy of being with the natural world.

This retreat is silent except for teacher-led Q&A, small groups, or other practice meetings.





RETREAT INCLUSIONS

RETREAT RATE

PHP 48,850

MINFULNESS & MEDITATION GUIDANCE

Focus on being skillfully aware of what you're experiencing in the present moment, without interpretation and using discernment.

DHAMMA TEACHINGS

The truths that the Buddha revealed are called Dhamma.

MINDFUL MOVEMENT

Listening to your body to create an awareness of your body.

MINDFULNESS IN DAILY LIFE ACTIVITIES

- Orientation IP Community Center
- Basket Weaving
- Silent Jungle Walk
- Bonfire Meditation
- Nature Gazing

INDIGENOUS TRIBAL CUISINE

with options of Vegan and Vegetarian

BEACHFRONT SHARED ACCOMMODATION

LAND TRANSPORTATION

** All possible activities are dependent on the weather and tribal community teacher availability.*



PHILIPPINE INSIGHT,
MEDITATION COMMUNITY



BAHAY
KALIPAY
Retreats
wellness, balance, transformation



KIAO BEACH NAPSAN, PALAWAN

Venue & Sacred Spaces



PHILIPPINE INSIGHT,
MEDITATION COMMUNITY



mindfulness asia



BAHAY
KALIPAY
Retreats

wellness | balance | transformation



IMEE CONTRERAS, CMT-P

Imee Contreras is the founder of Mindfulness Asia. She is a co-founder and guiding teacher of Philippine Insight Meditation Community and Katahimikan; National Day of Mindfulness.

She is deeply honored to have Thanissaro Bhikkhu, Tara Brach Ph.D., and Carol Cano M.A. as her direct mentors on the spiritual path. Her formal training includes Spirit Rock Meditation Center's Community Dharma Leadership program, UCLA Mindful Awareness Research Center's Training in Mindfulness Facilitation, and Stanford University's Compassion Cultivation Training.

She is a mentor for Jack Kornfield and Tara Brach's Mindfulness Meditation Teacher Certification Program and the Power of Awareness course. She is a Cross-Cultural Mindfulness teacher and Board Member of Braided Wisdom. She is an affiliate teacher and mentor at UCLA and a visiting teacher at East Bay Meditation Center.



PHILIPPINE INSIGHT,
MEDITATION COMMUNITY



mindfulness asia



BAHAY
KALIPAY
Retreats

wellness balance transformation



SAMPLE SCHEDULE

DAY 1: MARCH 24

- 02:00 PM: Arrival
- 04:00 PM: Welcome Orientation
- 06:00 PM: Light Dinner with Mindful Eating Instructions
- 07:00 PM: Dharma Teaching
- 08:00 PM: Sitting Meditation
- 09:00 PM: Continued Practice / Rest

DAY 2 TO 6: MARCH 25 TO 29

- 05:30 AM: Wake up
- 06:00 AM: Sunrise meditation
- 06:45 AM: Mindful Movement
- 08:00 AM: Breakfast
- 09:00 AM: Karma Yoga
- 10:00 AM: Meditation Instructions
- 10:45 AM: Sitting Meditation
- 12:00 AM: Lunch / Rest
- 01:45 PM: Sitting meditation
- 02:30 PM: Walking meditation
- 03:15 PM: Sitting meditation
- 04:00 PM: Mindful Activity with Tribal Community Teacher
- 06:00 PM: Light Dinner
- 07:00 PM: Dharma Teaching
- 08:15 PM: Sitting Meditation
- 09:00 PM: Continued Practice / Rest

DAY 7: MARCH 30

- 05:30 AM: Wake up
- 06:00 AM: Sunrise meditation
- 06:45 AM: Mindful Movement
- 08:00 AM: Breakfast
- 09:00 AM: Pack / Clean up
- 10:00 AM: Closing
- 12:00 PM: Lunch
- 01:00 PM: Departure



ESSENTIAL THINGS TO BRING

- Indoor-only, soft-soled shoes or slippers. This helps contribute to the silence and overall cleanliness of our retreat environment.
- Sheets, pillowcase and towels are provided, as well as blankets. (Feel free to bring your own if you prefer.) Washcloths are not provided.
- All necessary special foods and beverages.
- Plastic containers for special foods.
- A refillable water bottle for drinking water.
- Medicines, vitamins, supplements, etc. If you have an existing medical condition, bring enough of all prescription medicines to last throughout the retreat.
- Personal hygiene products. We ask that you anticipate your needs and bring soap, body lotion and other hygiene products with you. (We stock a small selection of these items, for those with travel weight restrictions.)
- Sunblock, sunburn lotion, insect repellent, hat, sunglasses, rain gear, flashlight
- If you are acutely chemically sensitive, please let us know.

EMERGENCY NUMBERS

Zena: +63 945 562 1967
Joel: +63 927 115 5151
Office: +63 48 717 0570





FAQS

Why are retreats in silence?

Once your course begins, you will be asked to honor what is known as “noble silence” – a quieting of the body and voice that helps cultivate a calm and peaceful retreat environment. This powerful tool greatly enhances the deepening of concentration and awareness. Noble silence also fosters a sense of safety and spiritual refuge, even when sharing intimate spaces with others.

Since everyone lives together in close community, your willingness to embrace the silence and simplicity helps everyone – it not only acts as a support for your own practice but is also a direct way of supporting your fellow retreatants.

We request that you not engage in other forms of communication while on retreat. Please turn off your cell phones and turn it over to the teacher for the duration of your stay. Please leave behind your laptops, iPods, iPads and other communication devices so that you can commit to your retreat wholeheartedly and reap the benefits of that commitment. Noble silence includes not reading, writing, keeping a journal, receiving mail, or otherwise keeping busy and distracted. By leaving at home the many activities and communications that worldly life entails, you offer yourself the gift of stillness.

Please give our retreat manager's number to a family member or close friend to use in case of emergency so you do not have to check your cell phone. If you have fragile or dependent family members that you need to stay in contact with, please notify our office so arrangements can be made.

Silence is broken at the end of Retreat Center courses, in time to allow you to talk and share your experience with other participants.

Can I speak with the teacher while on retreat?

Although retreats are conducted in silence, there are scheduled times for retreatants to speak with teachers and ask questions about meditation practice.

Is a retreat appropriate for me at this time?

An intensive silent retreat can be a positive and life transforming experience. At the same time, meditation practice can be strenuous and requires some stability of physical and psychological health.

If you have recently experienced considerable trauma, significant depression or anxiety, or are currently experiencing strong PTSD (post traumatic stress disorder), a silent retreat may not be appropriate for you at this time in your life. A therapist can help you assess the wisest course duration for you, or if it's best to wait a while before signing up. Daily life practice may be more beneficial meanwhile.





FAQS

When do I arrive and leave the retreat?

Please arrive at the retreat center between 1:00 pm – 3:00 pm on the opening day of your course. This will give you time to register and settle in to your room, before taking an orientation tour of the center and having a light dinner. The retreat will begin in the early evening.

Most courses end in the late morning on the final day of the course. After a closing ceremony, there is an opportunity to talk with fellow participants. Everybody is welcome to stay for lunch.

What clothing should I pack?

Please bring a sufficient supply of comfortable, modest clothing and swimwear to last the duration of your course. Our facilities are available only for hand-washing of clothes. Please bring footwear for walking.

What should I know about cellphone use while on retreat?

By refraining from using cellphones or other communication devices during your course, you contribute to creating a supportive environment of silence and simplicity for all retreatants.

If a member of your immediate family has a medical condition or other situation that requires you to be reachable around the clock, please provide your family with the phone number that they can call in the event of an emergency that requires you to be notified immediately, day or night.

What if I get sick while on retreat?

If you are feeling any symptoms like coughing, runny nose, fever, body aches, and/or nausea prior to the retreat, we ask that you stay home to rest, recover, and practice self-care.

The closest hospital is about 50 min away with a fast car ride. Otherwise there is a satellite clinic for emergencies about 5 km away, plus we have a traditional healer on site, for the less urgent cases.

Mental health

If you are seeing a therapist and/or any other mental health professional, please inform them of your intention to participate in a silent retreat. If they have any concerns about your attendance, it is important to follow their recommendations.

Prescription Medication

If you are taking prescription medications for any reason, please ensure you bring enough supplies with you to continue treatment for the full duration of your retreat. Discontinuing taking your prescription medications during a retreat is grounds to be asked to leave the retreat for your own benefit.





FAQS

Are there ethical guidelines for retreat life?

A commitment to undertake training in these precepts helps ensure our retreat environment of safety, refuge and non-harming.

While on retreat, all participants undertake:

- To refrain from harming any living, sentient beings – not to kill or intentionally hurt any person or creature, even an insect.
- To refrain from taking what is not freely given – not to steal or ‘borrow’ without the consent of the giver; to accept what is offered and not try to change it or get more.
- To abstain from sexual activity.
- To practice noble silence and to refrain from harming by one’s speech – not to lie, gossip or use harsh or hurtful language.
- To abstain from using alcohol, recreational drugs and other intoxicants that cloud the mind and harm the body. (This does not apply to prescription medicines.)

What is your media policy?

As the dharma takes root in our society, various media are expressing interest in the work that we do at PIMC and Mindfulness Asia. This presents our community with a valuable opportunity to introduce the teachings to a wider audience.

While maintaining our primary commitment to supporting your practice, we may agree occasionally to requests from the media to visit us for reporting. Before any such request is granted, media/journalists will be carefully screened to ascertain, as best we can, their ability to report fairly on our work, and with minimal interference.

How do I learn more about the retreat location?

Please visit www.kiaobeach.com for detailed information.

What is the Mindfulness Meditation Teacher Certification Program (MMTCP) with Jack Kornfield and Tara Brach?

Jack and Tara created The Mindfulness Meditation Teacher Certification Program to give people the training they need to share this life-changing practice with the world.

Please visit www.mmtcp.soundstrue.com for more information.





FAQS

Does this count as an MMTCP qualifying retreat?

Yes, it does. Jack Kornfield and Tara Brach want to ensure that all MMTCP students begin the program with the shared experience of participating in a silent retreat that is grounded in the vipassana (Insight meditation) practices that they will be teaching. This silent form of retreat builds a depth of concentration and mindfulness that can be particularly powerful and transformative. Imee Contreras is currently a mentor for the MMTCP and the Power of Awareness. She is a co-founder of the Philippine Insight Meditation Community,

Which retreats DO NOT count toward the prerequisite?

Many retreats listed on applications do not meet this prerequisite criterion, including Goenka, MBSR, MBCT, MSC, Mindful Schools, corporate mindfulness seminars, or other training formats, including Tibetan Buddhism retreats, Thich Nhat Hanh retreats, Adyashanti retreats, Hatha Yoga retreats, Siddha Yoga retreats, Christian retreats, and Ridhwan School retreats, to name a few.

While these retreats are undoubtedly valuable to your growth and practice, Tara and Jack want to be sure that everyone has also experienced

a vipassana/Insight, silent, residential retreat in the style of meditation that you will be learning to teach. That said, please list these other types of retreats in the appropriate section of your application as they will be taken into account to evaluate your readiness for the program.

How am I supporting the Tribal Community Members by attending this silent meditation retreat?

Kiao beach uses 100% of profits to support BYANYAS Foundation, a sustainable development NGO that works close with the indigenous locals in finding creative solutions to achieve balance between man and nature without compromising the integrity of the culture. Please read more about where your money goes on.

How do I learn about the Byanyas Foundation?

The Byanyas Foundation has a Facebook page and a website where they detail their projects.

www.facebook.com/people/Byanyas-Foundation
www.byanyas.ch

Does Bahay Kalipay Retreat Center offer other retreats?

Yes, absolutely! Please visit their website to find out more.

www.bahaykalipay.com

