

Sunnataram Forest Monastery

225 Teudts Road, Bundanoon,
NSW 2578

Ph. 02 – 4884 4262

www.sunnataram.org

Email: sunnata@bigpond.com

Guidelines for visitors:

- Visitors are welcome to the monastery between 1 – 4 pm Mon-Fri and 11am – 4 pm weekends.
- Group visitors (more than 15 people) must contact the monastery before arrival.
- Please report to the office on arrival.
- Please wear appropriate clothing, with cover from neck to below elbows and knees.
- Children must be supervised at all time.
- No smoking, no alcohol and no pets.
- No meat or fish to be brought to the monastery.
- Please show respect to monks, volunteers and environment.
- Please remove shoes when entering buildings.
- When seated, please do not point feet to Buddha images or monks.

Thank you for your cooperation to help us maintain the peaceful atmosphere of the monastery.



GRATITUDE PAGODA

sunnataram
forest
monastery
BUNDANOON
new south wales
australia



Welcome to the peaceful and friendly atmosphere of our Buddhist monastery in the Southern Highlands! We would like to introduce you to a meditative lifestyle and explain what you will experience during your visit here.

About the Place

Sunnataram Forest Monastery is a Theravada Buddhist monastery in the Thai forest tradition. The monastery was established in July 1990 and is situated on the outskirts of Bundanoon in the Southern Highlands, with an elevation of 2205 feet above sea level. The monastery covers an area of 99.7 acres of natural bush land, hills and cliff faces.

Facing the breathtaking view of Kangaroo Valley with Jervis Bay and Nowra on the horizon, we welcome sunrise emerging from a sea of cloud. With its famous clean mountain air and immense energy from Mother Nature, the monastery is a perfect place for meditation. The site of the monastery is considered by many Feng Shui masters to have one of the best Feng Shui aspects in Australia.





- **Tuesday evening** Dhamma talk and guided meditation @ 6 pm-8 pm
- **Weekend** Dhamma talk and short meditation @ 11 am – 2 pm
- **Greco-Indian-Egyptian Buddhist Art Exhibition.** An outdoor exhibition ‘*Dhamma Amphitheatre*,’ displaying 60 sandstone carving panels, 3 D world map in the size of a basketball court showing the ancient connection of Silk road from Egypt, Mesopotamia, China and India, and how these ancient civilization and their wisdom influence modern Buddhist art and lifestyle. Talks will be conducted only to groups of interested people. Please contact the monastery for bookings.

Weekend Meditation retreats for the year 2011 start from 6pm on the first day, and finish at 2pm on the last day. Please find application form & more information www.sunnataram.org

February	12th - 14th
March	18th -20th
April	21st - 25th (Easter Retreat)
May	16th -22nd (Vesak Retreat)
June	10th -13 th (Long weekend)
July	8th -10th
August	5th -7th
September	5th - 11th (7Day Retreat)
October Long Weekend	30/9 -3/10 (Long Weekend)
November	4th -6th
December	26th -Jan 1st 2012 (Xmas)

- **Dhamma Bee Camp.** A meditation retreat for Thai speaking people who are keen to practice Dhamma Please contact Rung Pung Shop, Sydney. ค่าธรรมเนียมบุตร
เป็นการปฏิบัติกรรมฐานภาคภาษาไทย ช่วงวันเสาร์อาทิตย์
ติดต่อได้ที่ร้านรังผึ้ง Ph: 02 – 9211 2332.
- **Dhamma Scout Camp.** An adventurous retreat for teenagers aged between 12 – 20. These young people will learn respect, love, peace and gratitude as they are having fun in Dhamma games, bush walk, meditation, camp fire, chanting and many more activities. Email Kim: sunnata@bigpond.com to join.
- **Metta Working Weekend.** Be a volunteer to help the monks building, gardening, cooking, cleaning etc. It is a good opportunity to learn Dhamma thorough unconditional love in action. A short Buddhist talk, chanting and meditation will be included at the end of the day. Transport from Sydney is available from Rung Pung Shop, Sydney Ph: 02 – 9211 2332. ขอเชิญร่วมสร้างความดี สังฆมบุญบารมี

ช่วยพระสร้างและพัฒนาวัดป่าสุทธนาราม บ้านดำนูน
ให้เป็นสถานที่ศึกษาและปฏิบัติธรรม ทุกเสาร์อาทิตย์

Teaching Activities



- **Evening meditation and Dhamma talk in West Pennant Hills, Sydney.** Please contact Ramani Email: ramani_weerasinghe@hotmail.com or Ph. 0425-370325
- **Dhamma talk at universities, schools and other groups.** Available by contacting the monastery office. Kim: 0414 782 774 or email: sunnata@bigpond.com