

# Frequently Asked Questions (FAQ)

## Wisdom of Mindfulness Meditation Retreat Awakening World Dharma, Liberation Through Living Alan Clements & Special Guests

**A community gathering, offered freely by donation, to cultivate:**

- Mindful Intelligence & Dharma Artistry
- Vipassana Insight Meditation
- Process-Oriented Buddhist Psychology
- Daily Life Teachings of Bhavana – The Beautification of Consciousness
- Loving Kindness, Courage & Generosity

**Dates:** March 15-21, 2025

**Location:** ARMA Resort, Ubud, Bali

**Capacity:**

- 20 Full-Time Participants
- 10 Part-Time Participants  
(If full, a waiting list will be available)

**Accommodation Options:**

- Stay at ARMA Resort (discounted rooms)
- Commute daily

“At a time when the contemporary spiritual landscape has become dangerously gentrified and domesticated, Alan Clements restores us to our senses – wild and elemental – pointing us to the wilderness of true, engaged, fiercely authentic awakening. This is why we are alive—to set freedom free, in ourselves and for others, in every aspect of our lives from the most mundane daily task to the most profound political act.”— Kelly Wendorf, Author, Editor, Co-Founder, The Institute of the Southwest, Publisher of *Kindred Magazine*

## **1. Schedule**

The retreat runs from March 15-21, 2025, beginning on Saturday, March 15 at 3:00 PM and ending on Friday, March 21 at 12:00 PM. Daily sessions are held from 7:30 AM to 9:00 PM, focusing on slowing down and being mindfully aware throughout all activities. The retreat is mostly silent, except for group discussions.

### **The daily schedule includes:**

- Silent group meditations with progressive instructions
- Guided meditations
- World Dharma talks by Alan Clements
- Mindful nature walks
- Self-reflective writing exercises
- Group discussions and Q&A
- Optional yoga sessions
- Evening chanting and spontaneous teachings

### **Daily Schedule Breakdown:**

- Saturday, March 15: 3:00 PM – Opening session
- Sunday, March 16 – Thursday, March 20: 7:30 AM – 9:00 PM
- Friday, March 21: 7:30 AM – 12:00 PM (Closing ceremony)

## **2. Meals**

Daily gourmet meals are provided, prepared with locally sourced ingredients. We accommodate gluten-free, dairy-free, and vegan options. Please notify us of any dietary restrictions upon arrival.

Participants may choose to bring their own food or dine outside, though meals are included in the retreat cost (buffet style).

This retreat honors a balance between personal sovereignty and community connection.

## **3. Residential?**

Yes, participants may reside at ARMA Resort in Ubud, Bali. Discounted room rates are available for retreat attendees, offering a more immersive and connected experience. Once your application is approved, you can book your discounted accommodations directly through ARMA Resort using the contact

details below. Be sure to mention that you are attending Alan Clements' World Dharma Retreat (March 15-21, 2025) to secure the special rate.

**Discounted Rooms at ARMA Resort:**

For booking inquiries, please contact:

**I Nyoman Ditu (Mr.)**

Sales Manager, ARMA Museum & Resort

- **Phone:** +62 361 976659
- **Mobile/WhatsApp:** +62 817 9702360
- **Email:** sales@armabali.com
- **Website:** [www.armabali.com](http://www.armabali.com)

**Address:**

Jl. Made Lebah, MAS,  
Kecamatan Ubud, Kabupaten Gianyar,  
Bali 80571, Indonesia

**If you have any questions or encounter any issues while booking, please feel free to contact Scott Bauer, Producing Partner:**

- **Phone:** +62 361 9086 085
- **Email:** ubudprajna@gmail.com

**Accommodations at ARMA:** Magnificently renovated and elegantly designed, ARMA Museum and Resort has guest bedrooms including Superior Room, Deluxe room, 1 magnificent suite room, Superior villa, Suite villa and the outstanding Family villa.

**For our retreatants ARMA is honored to offer their special rate as following:**

<b>Room Categories</b>	<b>Availability</b>	<b>Special rate</b>	<b>Bed Arrangements</b>
<b>Superior Pool Villa</b>	<b>4</b>	<b>IDR 2.600.000/Night</b>	<b>Double</b>
<b>Suite Pool Villa</b>	<b>2</b>	<b>IDR 3.000.000/night</b>	<b>Double</b>
<b>Family villa</b>	<b>2</b>	<b>IDR 4.800.000/Night</b>	<b>Double</b>
<b>Superior Room</b>	<b>20</b>	<b>IDR 1.350.000/Night</b>	<b>Double/twin</b>
<b>Deluxe Room</b>	<b>5</b>	<b>IDR 1.850.000/ Night</b>	<b>Double/Twin</b>

#### **4. Non-Residential? Commuters**

Yes, participants who prefer to stay off-site are welcome. You may commute daily to ARMA Resort for the retreat. Meals are included for all participants, regardless of accommodation choices.

**Scott can also recommend other accommodation options in Ubud, if preferred.**

- Phone: +62 361 9086 085
- Email: [ubudprajna@gmail.com](mailto:ubudprajna@gmail.com)

#### **5. Costs**

The base cost for Usada Bali and World Dharma to secure ARMA Resort's sacred pavilion grounds and provide daily gourmet meals is approximately \$495 USD. This fee covers all retreat facilities, meals, Arma's support staff, taxes, Alan Clements' work visa, and travel expenses. A tiered donation structure allows participants to contribute based on their financial means. Partial scholarships are available, and no one will be turned away due to financial constraints. For inquiries about financial arrangements or scholarships, email Alan Clements directly at: [contact@worldddharma.com](mailto:contact@worldddharma.com).

#### **6. Dana/Donations**

Following Alan's long-standing respect for his Buddhist monastic tradition, this retreat operates on the principle of *Dana*—unconditional generosity. Alan offers his teachings freely, following the Buddhist practice of offering teachings without a set fee. Donations beyond the base cost help support Alan's ongoing work and future retreats. You will also have the opportunity to offer Teacher Dana at the end of the retreat.

Alan is deeply committed to making this retreat inclusive, welcoming participant from local Balinese communities and indigenous populations throughout South Asia who may not have the financial means to attend. Your donations contribute not only to covering your own participation but also to supporting the participation of others. Together, we can create a space of generosity, where financial barriers are removed, and everyone is welcomed.

For more details, and to make a donation visit the Support page on [WorldDharma.com](http://WorldDharma.com).

## 7. Suggested Donation (Sliding Scale):

- **Supporter Rate: World Dharma Guardian - \$1,485 USD**  
Thank you for your generous support. Your contribution nurtures this retreat and extends the gift of transformation to others, creating a ripple of kindness and compassion that touches many lives.
- 
- **Benefactor: Bodhisattva Benefactor - \$1,195 USD**  
We deeply appreciate your kindness. Your support sustains the retreat and empowers others to share in this transformative journey. Thank you for your generosity and care.
- 
- **Sustainer: Compassion Contributor - \$850 USD**  
Your contribution supports the scholarship fund and keeps the retreat running smoothly. Your generosity ensures essential elements like meals, spaces, and logistics, allowing the retreat to flourish for all participants.
- 
- **Basic: Sangha Supporter - \$495 USD**  
Your baseline contribution forms the foundation that allows everyone to participate. You play a vital role in making this rare and transformative experience possible for all, and we honor your commitment to this shared journey.
- 
- **You Choose the Amount: Open-Hearted Offering**  
Whether large or small, your contribution honors the tradition of *dana*—unconditional giving, central to Alan Clements' Buddhist monastic training. Each offering sustains the retreat and ensures accessibility for all. We are deeply grateful for your support.

## 8. Travel

Participants are responsible for their own travel arrangements to Ubud, Bali. ARMA Resort is conveniently located near many transport options. If you need assistance with travel logistics, feel free to reach out to our producing partner for guidance.

## **Bali Producing Partner Usada Bali**

**Scott Bauer**, Producing Partner

**Phone:** +62 361 9086 085

**Email:** [ubudprajna@gmail.com](mailto:ubudprajna@gmail.com)

### **9. Visas**

Please check online or with your local consulate for visa requirements when traveling to Indonesia. Tourist visas are generally available upon arrival, but it is advisable to confirm this in advance. Participants are responsible for securing their visas.

### **10. Books**

While not required, Alan Clements' books and writings will enhance your understanding of the retreat's themes. His books, including *The Voice of Hope* (with Aung San Suu Kyi), *Instinct for Freedom*, *A Future To Believe In*, *A Meditator's Refuge: A Vipassana Insight Guide To Awaken Consciousness*, *Wisdom for the World*, *Awakening World Dharma - A Ten-hour Video Book*, *Facing Death*, and *Tonight I Met A Deva, An Angel of Love*, are available for purchase online through the [World Dharma Books Page](#).

### **11. Refunds**

As this is a not-for-profit event, offered freely by donation, all gifts are non-refundable. Please ensure you are fully committed to attending before securing your space.

### **12. Writing**

There will be daily opportunities for self-reflective writing exercises during the retreat. Alan will share a series of self-directed therapeutic and self-realization questions that have evolved over decades. We encourage participants to bring a notebook or journal to capture insights, reflections, and creative inspirations. Documenting your journey is an integral part of this retreat.

### **13. Precepts**

Participants are requested to uphold five ethical precepts during the retreat:

- Abstain from harming living beings
- Abstain from taking what is not given
- Abstain from sexual misconduct
- Abstain from false speech
- Abstain from intoxicants that cloud the mind

### **14. Children**

Parents are welcome to bring their children, tweens, and teenagers to the retreat. Special arrangements can be made for child care if needed. Please indicate this in your application if you plan to bring children.

### **15. What to Bring**

- Comfortable clothing for meditation and yoga
- Meditation cushion (provided if needed)
- Yoga mat (optional)
- Notebook and pen for writing exercises
- Water bottle
- Personal toiletries (shampoo, soap, vitamins, etc.)
- Comfortable walking shoes
- Insect repellent
- Umbrella, sunglasses, bathing suit

### **16. What is Provided**

- Daily gourmet meals
- Meditation cushions
- Access to ARMA's temple grounds
- Yoga mats (limited supply)
- A dynamic group setting in a sacred pavilion, offering guidance and support throughout the seven transformative days of the retreat.

### **17. Preparations**

We encourage participants to clear their personal schedules during the retreat. Handle any personal business before arrival to ensure a focused and uninterrupted experience. Maintain Noble Silence throughout the retreat, except during group discussions.

## 18. Requirements

Participants must commit to attending the full duration of the retreat, engaging fully in all sessions, and adhering to the ethical guidelines outlined. Unless an alternative agreement has been made with Alan Clements.

## 19. Commitments

By submitting an application, you agree to uphold the retreat's ethical precepts, attend all scheduled sessions, and offer your presence fully. Your commitment ensures a cohesive and transformative group experience.

## 20. Online Request to Attend – Application Form

*(NOTE: See application form link on our [Events page](#))*

- All information is kept strictly confidential
- Both residential participants and commuters are welcome
- **Retreat Dates:** March 15-21, 2025
- **Application Deadline:** January 11, 2025, or until the retreat is full (waiting list available)

## 21. Questions & Inquiries

For questions or further inquiries, I would be honored to hear from you.

- **Contact Alan Clements:** [contact@worldddharma.com](mailto:contact@worldddharma.com)
- **Contact Scott Bauer (Usada Bali):**
  - Email: [ubudprajna@gmail.com](mailto:ubudprajna@gmail.com)
  - Phone: +62 361 9086 085

For more details, visit the [World Dharma Events Page](#).

“The mind is a living organism that chaperons us everywhere, haloing our bodies as the biosphere does the earth. It informs us of everything we think, feel, and say. Consciousness is as central to life as the ecosystem is to the earth. We can't live without it, nor can it be escaped. It is home. Neglect consciousness — denigrate it, violate it — and like the earth, the individual suffers, and often causes suffering, too. On the other hand, nurture consciousness — understand its nature, inhabit it wisely —and we flourish, and elevate society too. This is the practice of meditation and activating mindful intelligence is the essence of that practice." - **Alan Clements**