

MELBOURNE INSIGHT MEDITATION PRESENTS

# LOOSENING OUR GRIP

## A Four Day Silent Meditation Retreat

With Insight Meditation teacher Jess Huon

**Wednesday 6<sup>th</sup> - Sunday 10<sup>th</sup> of May, 2015**

**Kallara, Strathbogie Ranges, Victoria**



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*"To have faith is to trust yourself to the water. When you swim you don't grab hold of the water, because if you do you will sink and drown.*

*Instead you relax, and float." - Alan Watts*

Meditation supports us to 'loosen our grip', to risk 'letting go,' and to immerse ourselves deep in bodily life in order to have direct and felt contact with our experience. In a silent retreat we disrupt habitual routines and activities, and allow for fresh and renewed perspectives to emerge. We re-learn curiosity, innocence and receptivity. These qualities allow for true discovery – flashes of insight, connection, and inspiration arise in ways we might not have expected or planned.

Guidance and support will be offered on this silent retreat through meditation instruction, relaxation practices, movement classes, one-on-one interviews, group discussion, dharma talks, meditative singing and dancing.

Beginners and experienced practitioners are welcome.

For more information about Jess Huon, visit [www.jesshuon.com](http://www.jesshuon.com)

*\*Following the Buddhist practices of generosity the teachings are given on a Dana (gift/donation) only basis. Your monetary contribution enables Jess to continue this work*

### Date

Wed 6th – Sun 10th May 2015

### Venue

Kallara, Strathbogrie Ranges, Victoria

### Cost

\$330 & Dana\*

### This retreat includes:

- meditation instruction
- relaxation practices
- connected movement classes
- one-on-one interviews and group discussion
- dharma talks
- meditative singing and dancing

### Bookings and enquiries

Robyn - [insightretreats@hotmail.com](mailto:insightretreats@hotmail.com),  
or 0408 759 754



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[www.melbourneinsightmeditation.org](http://www.melbourneinsightmeditation.org)