

MELBOURNE INSIGHT MEDITATION PRESENTS

Engaging the Heart

One Day Silent Meditation Retreat

With Insight Meditation teacher Jess Huon

Saturday 14th March 2015, 9:30am - 5:00pm

BSV (Buddhist Society of Victoria), 71-73 Darling Road, East Malvern



There are periods when our meditation practice can feel dry and somewhat of an isolated affair. In this one day retreat we will explore the empowerment of our own heart and the fuel this gives to our practice and our sense of connection to ourselves, others, and our surroundings.

For more information about Jess Huon, visit www.jesshuon.com

Cost

No cover charge; Dana for Jess' teaching*

The workshop will include

- Meditation instruction
- Sitting, walking and lying meditation
- Discussion and questions
- Dharma talk
- Guided relaxation practice

What to bring

- Meditation cushions, shawl and/or blanket
 - Your own food for lunch
- (Note: blankets, bolsters, chairs, meditation stools are available at the venue)

Inquiries

insightretreats@hotmail.com

No need to book for this event, please simply turn up on time.

This workshop is suitable for beginners and experienced meditators.

* 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.

