



**Dancing  
the  
Edge**  
waking up

A Silent Meditation  
& Yoga Retreat

with Jess Huon  
& Anahata Giri

Kallara, Strathbogie Ranges, Victoria  
Wed 26th – Sun 30th Aug 2015

In the Buddha's teaching it's said how quickly we can become habituated, forming 'protective crusts' that can stultify our growth. In this retreat we will look at ways to shine a light and undo the 'carcass of habit' - to reclaim and empower a less defended, more inspired and lighter connection to our lives. We will look at the qualities of effort and effortlessness in order to 'dance our own edge,' in both our meditative and physical asana practice. This "wakeful" way of 'practising' can allow for fresh and vital encounters with ourselves, others, and the world around us.

Teachings will draw on the teacher's direct experience, Buddhist vipassana, metta heart practices, hatha yoga, and the poetic traditions. Guidance and support will be offered through meditation instruction, relaxation practices, yoga classes, one-to-one interviews, group discussion, dharma talks, meditative singing and explorative movement.



**Jess Huon** ([www.jesshuon.com](http://www.jesshuon.com)) has been engaging in meditative and embodiment practices since she was seventeen years old in Asia, Australia, Spain, and the USA. She has trained in traditional Buddhist monastic settings and also within long periods of solitary forest practice. Holding a bachelor of Creative Arts, (VCA), and a post grad in the therapeutic arts practice, RMIT, Jess brings traditional teaching alive in a fresh, accessible, and transformative manner. An international speaker, her talks have been described as 'street language for the soul.' Deeply informed but not bound by tradition, her style is grounded in contemporary life.

**Anahata Giri** ([www.oneheartyyoga.com.au](http://www.oneheartyyoga.com.au)) has been practising yoga and meditation for over 25 years and teaching yoga and meditation since 2002. She is the founder of One Heart, a yoga and meditation studio dedicated to exploring authentic practice, based at the Abbotsford Convent. Anahata explores yoga from the inside out: when we connect with our deepest presence we can find deeply integrated ways of moving and being. She guides students to connect with their own beingness, that is already naturally awake. When we rest into this presence we can move well, breathe well, love well and live from our innate wisdom and compassion.



Base cost: \$330 & dana – your monetary contribution enables Jess and Anahata to continue their work.

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