

PLEASURE

- DEVILISH OR DELIGHTFUL?

A One Day Silent Meditation with Jess Huon
(assistant teacher – Robyn Gibson)

Saturday 1st April, 9:30am – 4:30pm

Fryerstown School, 5 Camp Street, Fryerstown (near Castlemaine)

The Buddha articulated the “Middle Path” as the road to freedom. He taught liberating and artful ways to be with both pain and pleasure. It’s well tracked that many of us habitually run away from pain; yet it is also worth considering that many of us also don’t quite know how to ‘handle’ pleasure. The Buddha once stated that we have a tendency to ‘delight in being stuck’ and can unwittingly become addicted to cycles of misery, cancelling other more subtle aspects of experience.

What was the Buddha’s relationship to pleasure? How do we personally relate to pleasure? How do we allow for pleasure in a way that celebrates and affirms the goodness in life, but doesn’t provoke further suffering? How do we foster and learn to rest in ‘natural good feeling’ as a support to our practice and lives?

For more information about Jess Huon, visit 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.*

Cost

\$40 (includes lunch)
+ Dana for Jess’s teaching *

The workshop will include

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

Lunch

A delicious vegetarian lunch (including vegan and gluten-free) will be provided

What to bring

Meditation cushions and floor pad/blanket; meditation shawl. Note: the Fryerstown School floor is timber, you will need good padding (chairs will be provided at the venue)

Bookings

Bookings are essential, and must be made and paid for online at TryBooking:
<https://www.trybooking.com/262595>

Enquiries

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