

MELBOURNE INSIGHT MEDITATION PRESENTS

POTENT JOY



One-day Silent Meditation Retreat with Jess Huon

Sunday 28th May, 9:30am - 4:30pm

Siteworks - Workroom 02, 33 Saxon St, Brunswick

In our current world situation there is much to be concerned about. Yet what is it to sustain an effective lightness in our approach - and not burn out? What is the joy that the Buddha pointed to as one of the brahma-viharas - the divine abodes? What is the intelligence of joy, and how does it cut through and aerate the space around us? How might it keep us from getting attached to our own agendas and trips that end up emitting further heaviness into our world, even when we are trying to do the 'right thing'? What is joy that isn't blindly dancing over the injustices of life, but arises from the deep relaxed belly, eyes wide open, in a hilarious and life-affirming gesture? How might joy empower our engagement in the world?

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

Cost

\$30; + dana for Jess's teaching*

This retreat includes:

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

What to bring

Shawl, meditation cushions (chairs, stools and floor pads available at the venue).
Your own food for lunch.

Bookings

Bookings are essential, and must be made and paid for online at - TryBooking: <https://www.trybooking.com/271553>

Enquiries

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www.melbourneinsightmeditation.org

* Following Buddhist practices of generosity, the teachings are given on a dana (gift) basis. Your monetary offering enables Jess to continue this work.

