



MELBOURNE INSIGHT MEDITATION PRESENTS

Releasing the burden

with Jess Huon

We sometimes walk around with our hands tightly clenched, without knowing it. Hands balled in fists, we wonder - 'why am I not at ease?' Why do we clench and grip on?

What supports us to let go - a movement akin to a flock of birds leaving the dark of trees? What is the cost free ease the Buddha was pointing us towards? Why did he want us to sit close to the roots of trees?

On this day of practice we will explore, together, what it is to sit close to the ground and 'hand over the burden.'

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

**Saturday 4 Nov.
9:30am - 4:30pm**

CERES

Cnr Stewart & Roberts Street,
East Brunswick.

Van Raay Centre, Rooms 2 & 3

Cost

\$25; + 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 and/or stool, and floor pad if you have one (chairs, some stools, and some cushions and floor pads available at venue)

Bookings

Bookings are essential and must be made and paid for online at TryBooking:

www.trybooking.com/SJLN



MELBOURNE
INSIGHT MEDITATION

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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.