



Insight Meditation Retreat

with Lesley Lebkowicz

Five day retreat

6pm Friday 5th May, to 2 pm Wednesday 10th May

Desert Creek House, near Bemboka

Insight meditation is a gentle and profound practice which allows us to develop compassion and wisdom and live our lives more skillfully.

The retreat will focus on sitting and walking meditation in the peaceful bushland of Desert Creek House. There will also be daily loving kindness practice. Instruction will be given for all practices.

The retreat is suitable for more experienced meditators.

The retreat will be conducted in silence with group discussions and individual interviews.

Wholesome vegetarian meals will be served. Accommodation is in bedrooms with no more than 2 to a room. There are several campsites for anyone who would like to bring a tent.

COST: Five day retreat: \$475 [\$450 with an early bird discount]

Bookings taken at any time but confirmation of a place {15 places allotted} is only definite on **receipt of full or half payment on or after Feb 15th, 2017.**

Full payment by **Friday 7th April** for the early bird discount.

Bookings: Phone Mary McLean 64940259 after hours or email maryclaire.mclean@gmail.com

Lesley has practised with Western teachers and Asian meditation masters in the Mahasi lineage of Insight Meditation in Burma, Nepal, the United States and Australia since 1983.

She has worked as a teacher and a counsellor and leads the Canberra Insight Meditation Group.



