



# Insight Meditation Retreat

with Lesley Lebkowicz

**6 pm Friday 8th March – 2 pm Wednesday 13th March 2019  
Weekend or Five Day Retreat**

**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 new as well as more experienced meditators.

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

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: Weekend retreat: \$230 {\$200 with an early bird discount}

Five day retreat: \$480 [\$450 with an early bird discount]

Book and pay by Friday 8th Feb for the early bird discount. Payment will confirm a place.

**Bookings: Phone Mary McLean 64940259 or email [maryclaire.mclean@gmail.com](mailto: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

