

Insight Meditation Retreat

with Lesley Lebkowicz

Journey of the Heart, 5 or 7 day retreat
6pm Friday 14th October, to 1 pm Wednesday 19th October or
Friday 21st October

Desert Creek House, near Bemboka

Insight meditation is a gentle and profound practice which allows us to come to know ourselves and to find peace and love within us.

Instruction will be given for all practices.

The retreat is suitable for new and more experienced meditators.

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

Wholesome vegetarian meals will be served. Accommodation is in single or double bedrooms. There are several campsites for anyone who would like to bring a tent or van. and includes a discount of \$50

COST: Five day retreat: \$550 [\$520 with an early bird discount] for 5 days
\$750 [\$720 “ “ “ “] For 7 days

A discount of \$50 per person is available if you are prepared to share a room with one other person or friend but not sexual partner

Please allow extra for dana/donation for the teacher

Bookings taken at any time but confirmation of a place {10-13 places allotted} is only definite on **receipt of full payment by Friday 30th September** for the early bird discount.

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

