

# An Afternoon of Mindfulness

Settle in and connect with Angela McGee

#### Cost

\$40; + Dana for Angela\*

The retreat will include

- Meditation instruction
- Sitting and gentle movement meditation
- Discussion and questions
- Dharma talk

#### What to bring

Your favourite Meditation cushion or stool  
and a shawl or blanket

(Note: Meditation cushions, mats, blankets,  
chairs and meditation stools are available  
at the venue)

Hot drinks will be provided for an afternoon  
tea break

#### Bookings

Bookings are essential, and must be made  
and paid for via our website

[www.melbourneinsightmeditation.org](http://www.melbourneinsightmeditation.org)

#### Enquiries

[insightretreats@hotmail.com](mailto:insightretreats@hotmail.com)

\*Following the Buddhist practices of generosity the  
teachings are given on a Dana (gift/donation) only  
basis. Your monetary contribution enables the  
teachers to continue their work.

Saturday 2 March 1:00pm – 5:30pm

CERES Community Environment Park

Learning Centre

Lee St & Roberts St, Brunswick East

Meditation teacher Angela McGee will lead an afternoon of meditation practice  
at Ceres on Saturday March 2nd.

This event offers a space of shared quiet and reflection to deeply rest in stillness  
and silence. This is an ideal opportunity for you to explore a Dharma practice,  
whether you are new to meditation or you are wishing to deepen your  
understanding.

Stillness and silence are profound experiences that allow for our body, mind and  
hearts to open and deeply connect with ourselves and the world around us.

The afternoon will include guided sitting meditations, walking meditation, a  
dharma talk and an opportunity for questions.

Angela McGee is a Dharma teacher in the tradition of Insight Meditation. She  
teaches regularly with Melbourne Insight Meditation Group and teaches retreats  
in Australia and Bali. Angela has also taught Yoga for 25 years in the tradition  
of Krishnamacharya.