



MELBOURNE
INSIGHT MEDITATION

OPEN HEART OPEN MIND

**7 day meditation retreat
With Carol Perry and Angela McGee**

Friday 14th October - Friday 21st October 2022

Kallara, Boho South
Strathbogie Ranges, Victoria

This retreat includes:

- Sitting, walking and standing meditations
- Optional yoga asana to assist in sitting
- Private and group interviews
- Questions and inquiry with teachers
- Dharma talks
- Instructions for meditation
- Mindfulness work period
- Free time

Retreat fees

Single room \$920, + Dana*

Inquiries insightretreats@hotmail.com

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

Beginning and experienced meditators are welcome

This is the retreat that inspired the formation of Melbourne Insight Meditation.

Carol Perry has 40 years experience in the Insight tradition. She is a senior teacher with Melbourne Insight Meditation.

In 1972 Carol co-founded a rural community where she continues to live. Carol is a long-time social activist on ecological and social justice issues.

She leads a monthly Women's Wisdom and the Dharma group in the Northern Rivers area and is a Certified Hakomi Psychotherapist.

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 is keen to explore how the Dharma teachings can open our hearts, guide our day to day lives and deepen our connection to all of life. She is a psychotherapist in private practice in Melbourne and has also taught Yoga for 25 years in the tradition of Krishnamacharya.

Bookings are essential

www.melbourneinsightmeditation.org

