

MELBOURNE INSIGHT MEDITATION PRESENTS

# OPEN HEART OPEN MIND

## 7 day silent meditation retreat

With Carol Perry and Angela McGee

**18 - 15 October 2019**

Kallara Conference Centre

Strathbogie Ranges, Victoria

**Beginning and experienced meditators are welcome**

### Retreat fees

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Twin share room - \$650\*

Single room - \$790\*

### Bookings

To book your place on this retreat, go to  
[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 Carol and Angela to continue this work.



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

## About the Retreat

**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 and grow.

Carol is a long time social activist on ecological and social justice issues and is passionate about supporting cohesive and harmonious community in all its forms. She is a Hakomi Therapist with a private practice in Lismore NSW and teaches Communicating Mindfully workshops for the sangha and social activists.

**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.

## 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

