

MELBOURNE INSIGHT MEDITATION PRESENTS

# Open Heart, Open Mind

**17 - 20 October 2021**

with Carol Perry and Angela McGee

**4 DAY SILENT INSIGHT  
MEDITATION RETREAT**  
In Person (non-residential)

**Abbotsford Convent**

1 St Heliers St, Abbotsford



# Open Heart, Open Mind

## 4 Day Silent Insight Meditation Retreat

This retreat will include a yoga asana practice, daily instructions for meditation, guided sitting meditation practice, walking meditation, questions and inquiry with teachers and dharma talks.

The focus will be on finding refuge and nourishment in your dharma practice and will offer structure and support for those newer to meditation. The ancient wisdom of the Buddha offers grounding practices of mindfulness, insight and compassion that sustain and nourish in challenging times.

Breathing and body movement of yoga asanas calm the heart and mind and Dharma Inquiry creates intimacy and connection through sharing the gift of our inner exploration.

**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.

\*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.

### This retreat includes

- Stillness and movement meditation
  - Gentle stretching
- Meditation instruction
  - Dharma talks
  - Deep rest

### What to bring

- Meditation cushion or stool
- Shawl or blanket
- Water bottle

### Cost

\$300 + Dana\*

### Registration

Registration is essential and must be made via our website

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

### Enquiries

[insightretreats@hotmail.com](mailto:insightretreats@hotmail.com)  
0424 365 060

