

URBAN DAY RETREAT

25 + 26 June 2022

# The Body's Intelligence

[jesshuon.com/thebodysintelligence](http://jesshuon.com/thebodysintelligence)

*Jess Huon*

ANCIENT ROOTS | MODERN VOICE



MELBOURNE  
INSIGHT  
MEDITATION

If we don't know what the teachings say, it can be sometimes easy to fall back upon our preconceptions and patterns of habitual thought, which have gotten us into trouble in the first place. - Reggie Ray

In the Insight tradition, within the 4 foundations of mindfulness, the body is placed at the centre of our practice. Staying in the body helps us cut through the mind's habitual elaborations. These can wind us up, spin into over-thinking or hurl us down painful thought patterns. Sensation unchecked will throw us into the mind. The body is the anchor to what's happening in the 'here and now'. In this day retreat we will experientially explore settling 'into the body,' and abiding in the 'grace & grit' of experience, in a way that allows for movement rather than stagnation.

We'll look at key teachings that aid us in forging a clearing - where fresh insight can arise - within the particulars of our inner lives.

**About Jess Huon** | Jess is an authorised Dharma teacher. She has trained in Buddhist monastic settings, inter-faith contexts and in extended periods of solitary forest practice. Her lineage crosses the Insight Tradition and Open Dharma and has been empowered by the feminine Tantric Tradition. This training has taken place in India, Australia, Spain and the USA. She holds a Bachelor of Creative Arts (VCA), and a postgraduate degree in Therapeutic Arts practice (RMIT). A natural orator, her talks have been described as "street language for the soul."

Front: Photography by Nathan Dumlao

### **The retreat will include:**

- Meditation instruction
- Sitting, walking and lying down meditation
- Discussion and questions
- Dharma talk
- Guided relaxation practice

### **What to bring:**

- Meditation cushion(s) or stool
- Shawl / blanket (chairs will be available)
- Your lunch and water

**Date:** Jun 25 + 26, 2022

**Location:** Abbotsford Convent

**Cost:** \$110 + Dāna\* for Jess's teachings

**Bookings:** [www.melbourneinsightmeditation.org/events--retreats](http://www.melbourneinsightmeditation.org/events--retreats)

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

\*In the Buddhist tradition students contribute Dāna or a donation for teachings. Please bring your monetary contribution on the day.