

URBAN DAY RETREAT

2 December 2023

Joy

- *in challenging times*

jesshuon.com/joy

Jess Huon

ANCIENT ROOTS | MODERN VOICE



MELBOURNE
INSIGHT
MEDITATION

Meditation practice is sometimes considered very serious - without knowing it, the view itself might be habituated - placing limits on what we can experience.

We might sometimes feel stuck and lose a sense of 'juice', possibility and discovery on the cushion.

On this urban retreat we'll practice 'lightening the load'- changing, shifting, and refreshing attention.

This allows us to move from denial and a sometimes defensive posture against hardship to a spring-like quality, allowing for renewal and responsiveness in practice.

We'll start exploring calm abiding practice as a base and then we'll open up techniques to elicit and feel sensations of joy, bubbles, waves, or electricity in the body - intending to free and loosen up the being and pave way for insight to arise.

Date: 2 December 2023, 10 am - 5pm
in person + online

Location: The Oratory, Abbotsford Convent

Bookings:
jesshuon.com/joy

Enquiries: insightretreats@hotmail.com

Cost: \$60 + Dana

Front: Photography by Peter Casamento

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."

The retreat will include:

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

What you might need:

- Meditation cushion / stool / chair
- Shawl / blanket
- Your lunch and water

**In the Buddhist tradition students contribute Dāna or a donation for teachings. This can be done in person on the day or via the Dāna page on Jess's website*