

MELBOURNE INSIGHT MEDITATION PRESENTS

OPEN HEART OPEN MIND

7 Day Silent Meditation Retreat
With Carol Perry and Angela McGee

Friday 19 October - Friday 26 October 2018

Kallara, Boho South, Strathbogie Ranges, Victoria

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 has also taught Yoga for 25 years in the tradition of Krishnamacharya.

Retreat fees

7-day retreat - \$660, + Dana*

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

Registration and enquiries

insightretreats@hotmail.com

www.melbourneinsightmeditation.org

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



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