

URBAN DAY RETREAT
in person & online

Practice
& Sexuality

Working with energies

25 November 2022
10am - 4.30pm

jesshuon.com/sexuality

Jess Huon

ANCIENT ROOTS | MODERN VOICE



MELBOURNE
INSIGHT
MEDITATION

When the going gets tough, or stressful, erotic energy, along with the playfulness of *eros*, can clamp down.

At some point, in an embodied mediation practice, sexual energy arises. Its resurgence can be a result of dedicated practice and its energy safely cultivated within the seat of practice.

Whilst this energy animates and activates life, it can also be overwhelming, frightening, weird, addictive, and as we are aware, used in harmful ways. Some spiritual traditions have decided to safeguard against it's; to negate it, wipe their hands of it. Yet the French remind us; *"what has been denied will come back with a gallop."*

This day, held within an ethical container, will be rooted in foundational practices to support us to abide with our own energy in liberating and healing ways - in resonant connection with self, other, and the world.

In this, we re-affirm the life affirming energy of *eros*.

We will practice wisely courting the whole gamut of our ever-changing human experience, as well as working with this particular energy.

Date: 25 Nov 2022

Retreat 10am - 4.30pm

Panel 6.30 - 8pm

Location: Abbotsford Convent & zoom

Bookings:

www.melbourneinsightmeditation.org/events-retreats

Enquiries: insightretreats@hotmail.com

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

NB. Men, women, and gender fluid people, (along with anything else one goes by) are all welcome. The day does not include inter relational exercises, will be focused on personal sitting, and lying practices.

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