

URBAN DAY RETREAT

+

EVENING PANEL

28 August 2022
(Retreat + Panel) 10am - 8pm

Two Streams

*Buddhism and psychological
development: a healing dynamic*

jesshuon.com/twostreams

Jesshuon

ANCIENT ROOTS | MODERN VOICE



MELBOURNE
INSIGHT
MEDITATION

Integral practice is a patient, all-encompassing, vital and sinewy affair. - Aurobindo

Buddhist practice offers us a generous view – that ultimately we need not be defined by our personal suffering. This gives us a ‘seat in freedom’, no matter how brilliant or messed up we believe ourselves to be. However an embodied meditation practice that fosters ‘flashes of freedom’ also begins to shine light on stunted areas of development in our psyche. Some meditators can bypass or downplay this uncomfortable material – yet many are knocking on therapists’ doors to engage in this personal work.

On this day of practice and inquiry, Jess will draw on her twenty years of meditation practice and her own psychotherapeutic process. She will put forward her insight into how these two tracks to growth can work hand in hand, as we walk and sometimes stumble towards a ‘cohesive whole’. She will explore what it is to work across these domains –and where we might fall short if we don’t.

Date: 28 August 2022

Retreat 10am - 4.30pm

Panel 6.30 - 8pm

Location: Abbotsford Convent & zoom

Bookings:

www.melbourneinsightmeditation.org/events--retreats

Enquiries: insightretreats@hotmail.com

*In the Buddhist tradition students contribute Dāna or a donation for teachings. This can be done via the Dāna

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.