



Meditation & Yoga Retreat

16th to 19th Feb 2012

Starts Thursday night, ends Sunday afternoon.

A festival of body, mind and community, this retreat offers Insight Meditation (vipassana) and Yoga practices as well as in depth teachings from the Buddhist tradition, a wide range of interesting workshops, inquiry dialogues, bushwalks, Feldenkrais, individual sessions with teachers and delicious meals in a beautiful bush setting.

Daily Activities (all optional)

- Yoga - Meditation & Instructions - Talks - Workshops – Feldenkrais - Creative Arts & Music –

Visit the website to download the retreat schedule.

The Teachers

Insight Meditation Teachers: Carol Perry, Anton Eastick & Jess Huon. Other workshop leaders are Holly Huon, a leading Feldenkrais practitioner in Melbourne, Peter Friedlander, senior Buddhist and Hindi lecturer at Latrobe University, Samantha Coker-Godson leading yoga plus others. See our website for details

Cost: \$325/\$280 conc. This includes accommodation and vegetarian meals.

Please note: Teachings on this retreat are given on a Dana or Donation basis.

Venue: Maitripa Contemplative Centre, Healesville, Victoria.

All are Welcome. Beginners and Experienced

Enquiries & Bookings: Ph Angela 0431 512166 (no texts please)

Email: [DharmaGatheringVIC at gmail.com](mailto:DharmaGatheringVIC@gmail.com) (replace at with @ when emailing)

www.thedharmapath.com.au

www.insightmeditationaustralia.org

