

Insight Meditation & Yoga Gathering

Healesville, Feb 16th - 19th 2012

Please Note: this is a draft schedule and changes may occur.

Thursday 5th		
Time	Activity	Teacher
5.00 - 6.30	Meet, Greet and move into your room	
6.30 - 7.30pm	Dinner	
7.30pm	Welcome and Intro Talk. Dharma Talk - "There Are No Obstacles to Awakening"	Carol Perry
8.30pm	Evening Program	TBA

Friday 6th

Time	Activity	Location	Workshop	Leader
5.30 am	Wake up bell			
6.00 – 7.00	Yoga - General	Hall 1	Yoga	Samantha
		Hall 2	TBA	TBA
7.00 - 7.45	Meditation	Hall 1	Sitting meditation	
7:45 - 9.30	Breakfast & free time		Dogen's café open	
9.30 - 10.50	Workshops	TBA	TBA	Anton Eastick
		TBA	Owning the Dark	Jess Huon
11.00 - 11.45	Meditation	Hall 1	Guided Sitting Meditation	Carol Perry
11.45 - 12.30	Workshop	Hall 1	Introduction to Feldenkrais Awareness through Movement. Options to create ease in posture & movement.	Holly Huon
	Walking Meditation		Meditation Question and Answer. Walking Meditation Instructions	Fran Woodruff
12.30 - 2.30	Lunch & free time			
2.30 - 3.50	Workshops	Hall 1	Meditations on the world, in the body	Peter Friedlander
		Hall 2	A Practical Exploration of: "There Are No Obstacles to Awakening"	Carol Perry
4.00 - 4.50	Yoga & Movement	Hall 1	Yoga	Samantha
	Feldenkrais	Hall 2	Feldenkrais	Holly Huon
	Interviews with Teachers	TBA	Interviews	Jess Huon
5.00 - 6.30	Dharma Talk	Hall 1		Anton
6.00 - 7.30	Dinner		Dinner	
7.30 - 8.15	Meditation	Hall 1	Sitting meditation	All
8.15pm	Evening program	Hall 1	Music Meditations	Samantha & Adam

Saturday 7th				
Time	Activity	Location	Workshop	Leader
5.30 am	Wake up bell			
6.00 – 7.00	Yoga - General	Hall 1	Yoga	Samantha
	Feldenkrais	Hall 2	Feldenkrais	Holly Huon
7.00 - 7.45	Meditation	Hall 1	Sitting meditation	All
7:45 - 9.30	Breakfast & free time		Dogen's café open	
9.30 - 10.50	Workshops	Hall 1	Kabir's mystic vision	Peter Friedlander
		Hall 2		Jess Huon
11.00 - 11.45	Meditation	Hall 1	Guided Sitting Meditation	Anton
11.45 - 12.30	Walking Meditation &/or Meditation Question Time	Hall 1	Walking Meditation or Meditation Practice Question & answer.	Fran Woodruff
		Hall 2	Posture Workshop	Holly Huon
12.15 - 2.30	Lunch & free time		Dogen's café open	
2.30 - 3.50	Workshops	Hall 1		Anton
		Hall 2	The Courage To Be Free	Carol Perry
4.00 - 4.50	Yoga & Movement	Hall 1	Yoga	Samantha
	Interviews with Teachers	TBA	Interviews	Carol, Anton, Holly
5.00 - 6.00	Dharma Talk	Hall 1	Getting Comfortable	Jess Huon
6.00 - 7.30	Dinner		Dinner	
7.30 - 8.15	Meditation	Hall 1	Guided Loving Kindness meditation	Fran Woodruff
8.15 pm	Evening program	Hall 1	Inquiry	Carol Perry

Sunday 8th

Time	Daily Activity	Location	Workshop	Leader
5.30 am	Wake up bell			
6.00 – 7.00	Yoga - General	Hall 1	Yoga	Samantha
		Hall 2	TBA	
7.00 - 7.45	Meditation	Hall 1	Sitting meditation	All
7:45 - 9.30	Breakfast & Pack up room		Dogen's café open	
9.30 - 10.50	Workshops		Taking your seat	Jess Huon
			Getting to know the mind	Carol Perry
11.00 - 11.45	Meditation		Guided Loving	Fran
			Kindness Meditation	Woodruff
11.45 - 12.30	Walking Meditation		Feldenkrais	Holly Huon
			Interviews	
12.30pm	Lunch			
1.30 - 2.30pm	Closing Circle		Close & Leave	All