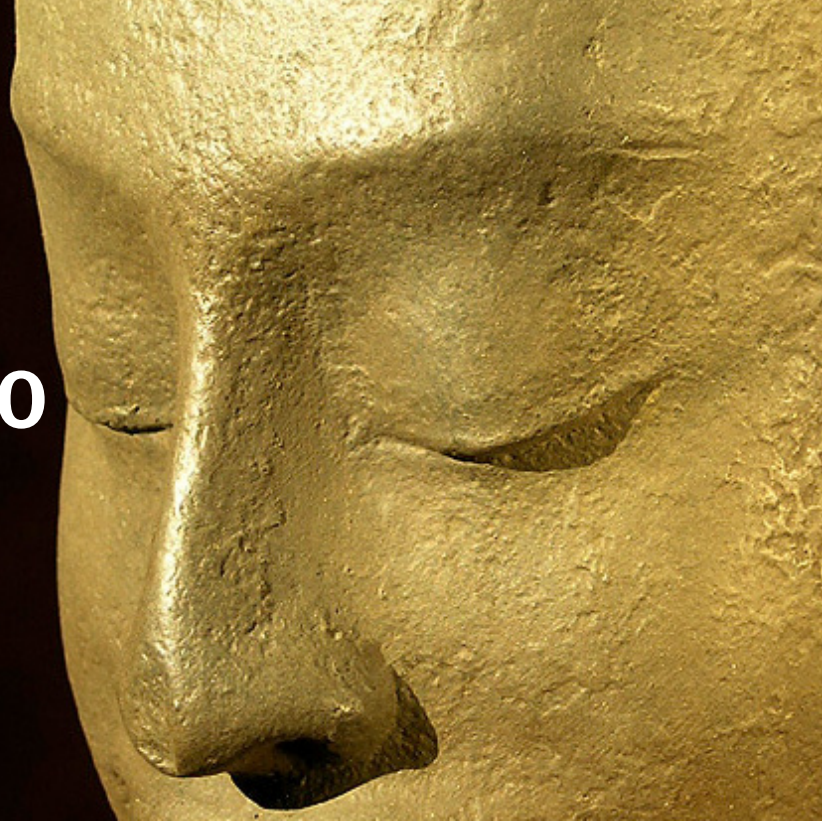


Introduction to Meditation



Introduction to Meditation

Date: 10am (arrive 9.45) - 4pm
Sunday 25th July, 2010

Cost: \$60 for the day

Location: Oxford Falls Peace Park
Cnr. Wakehurst Parkway &
Dreadnought Road, Oxford Falls

The introduction is a practical one day workshop for those interested in learning the basics of meditation.

The day will include:

- Finding a comfortable posture for meditation
- Breath meditation
- Choiceless awareness
- Introduction to recollective awareness
- The cultivation of positive mental states

There will be ample opportunity for questions and discussion throughout the day.

Tea and coffee are provided but you will need to bring your own lunch. (a microwave and fridge are available)

Chairs, mats and some cushions are also available but you are encouraged to bring your own if you have them.

Although the room is heated please bring a blanket as the day may be cool.

About Insight Meditation

We will focus on insight meditation, one of the central Buddhist practices since the tradition began.

We will also introduce the supporting meditation practices of mindfulness of breathing and loving-kindness (metta) meditation.

The day will be co-led by
Betsy Faen & Peter Mackie

Betsy has been practicing Buddhist meditation in the insight tradition for many years. She is a regular teacher at The Beaches Sangha, a meditation group in the Northern Beaches.

Peter teaches yoga and meditation and is a member of the Blue Gum Sangha on the lower North Shore.

**To enquire or book for this event
either call**

Betsy on 9913 2979 or

Peter on 0403 771 117

or email to

peter.mackie@me.com

betsyfaen@gmail.com

