



An Introduction to Insight Meditation

Dates:

Commencing Thursday 4th
October for 4 weeks

Time:

5:30 to 7:00pm

Venue:

Well-aware-ness Centre
100A West Street, Crows Nest

Cost:

\$60.00

Bookings and Enquiries:

Leo Martyn - 0430 193 600
contact@siminc.org.au

SIM Inc.

PO Box 365,
Chatswood NSW 2067
www.siminc.org.au

A four-week program with Winton Higgins.**About this course:**

The course will cover the central meditation practices of the Buddhist tradition, both tranquillity practices and vipassana (insight) practices. Specifically, it will introduce mindfulness of breathing, loving-kindness meditation, and insight meditation.

In this course we will also discuss the value of meditation, the varieties of meditative experience, a flexible approach to the various techniques and methods of meditation. As well, we will look at how a meditation practice meshes with everyday life, and the ways in which we can support the practice in the midst of our busy lives. Above all, this course points to the ways in which we can use this ancient practice to bring calm, wisdom and sanity into a world that badly needs them.

About the teacher:

Winton Higgins has practised dharma for 20 years, first in the Friends of the Western Buddhist Order, then in the Thai Vipassana tradition, and nowadays in the modern Insight movement. He has been teaching retreats since 1995 and is a regular teacher for the Bluegum and Golden Wattle Sanghas, and for SIM. He is a Sydney academic and writer.