Coast and City Sangha presents
Recollective Awareness Meditation Retreat

Residential weekend retreat—24-26 March 2017

With Anna Markey

Glenbarr Retreat Centre
Strathalbyn, South Australia

About the Retreat:

This retreat will emphasize a gentle approach to meditation that supports an exploration of your inner world. You will learn how to allow your unique experience to unfold naturally, seeing even what you may usually view as unacceptable or mundane in a new way and learning more about the processes that support the experiences you desire. Through *Recollective Awareness*, you will journal and have the opportunity to report on your sittings as a way of cultivating greater awareness. You will learn from hearing of each other's experiences as well as from gentle inquiry by the teacher. There will be an opportunity for private interviews with the teacher.

The retreat is open to beginners as well as experienced meditators who would like to look more deeply into the meditative process itself and bring more ease and acceptance into their sittings.

Nourishing vegetarian meals are provided.

Anna Markey

Anna began exploring Buddhist practice in the early '80s while teaching in a Tibetan village in India. At the same time she attended retreats with Christopher Titmuss and has practiced vipassana/insight meditation ever since. She is currently studying with Jason Siff. Anna also practised for a number of years within the Zen tradition of Thich Nhat Hanh, and she has trained in the Mahasi method with Patrick Kearney. She runs groups in Adelaide and Goolwa. She is a member of the Insight Teachers Circle of Australia. She is interested in exploring the ways meditation can be used to clarify, enrich and refine our inner and outer lives.

Registration : **Early bird (pay by 10 Feb 2017)** **Waged $240 Concession $195**
After 10 Feb 2017 **Waged $260 Concession $215**

This does not include *dana* (donation) to the teacher, which can be offered separately. In accordance with Buddhist tradition the teachings are a gift from the teacher and can be returned to her through *dana.*

A limited number of scholarships are available to assist anyone unable to attend due to costs. Please contact Barb Kirke for further information.

Times

Arrive Friday from 4.30pm onwards for a 7.30 pm start. A Light meal will be served at 6pm. The retreat ends at 3.30 pm on Sunday

Information & Reservations

Contact Barb on 08-8555-0247 or "bkirke[at]internode.on.net" Click here for online registrations