



Coast and City Sangha presents

SPRING MEDITATION RETREAT

21-24 OCTOBER 2022

**AT GLENBARR HOMESTEAD,
STRATHABLYN, SA**

This retreat will emphasize a gentle receptive 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. Through an experienced-based practice, you will journal and have the opportunity to report on your sittings as a way of cultivating greater awareness. You will learn from hearing each other's experiences as well as from gentle inquiry by the teacher. There will be an opportunity for private interviews with the teacher and short talks on the dharma each morning and afternoon.

The retreat is open to beginners as well as experienced meditators.

Teachers

Anna Markey was introduced to Buddhist practice in India in 1983. She is interested in the early teachings of the Buddha and in using a gentle, receptive approach to meditation to see into our experience and foster wisdom and kindness in our daily lives. For more information <http://coastandcitysangha.weebly.com/teachers.html>

Jenny Taylor has taught Buddhist meditation for over 20 years. She encourages people to develop forms of practice that are unforced, relevant to them, and supportive of their commitments in the wider world. Jenny is a visual artist who lives in Mparntwe/Alice Springs



Glenbarr is an historic homestead in beautiful farm land 45minutes from Adelaide.

The accommodation is in 3-6 bed dormitories or camping. <http://www.glenbarr.com.au/>

**NUTRITIOUS
VEGETARIAN MEALS
PROVIDED**

**REGISTRATION
EARLYBIRD BEFORE 9
SEPTEMBER 2022 \$475
(CONCESSION \$380)
AFTER 9 SEPTEMBER
2022
\$495 (CONCESSION
\$400)**

Scholarships available for anyone experiencing financial difficulties. For more information contact Barb Kirke (bkirke[at]internode.on.net)

**ONLINE
REGISTRATION**

