

Insight Meditation Retreat (Recollective Awareness)

With Jason Siff

and Anna Markey

*Glenbarr Retreat Centre – Strathalbyn –
South Australia.*



15 – 21 April 2012

This retreat offers ways to become more aware of meditative experience, to increase discernment and investigation, and to examine the various conceptual frameworks people bring to meditation practice. Participants may meditate in whatever way they are accustomed to, or they may try out a gentle permissive approach to meditation, or do a bit of both. The emphasis of this way of teaching meditation is not so much on what people decide to do in meditation but on what they experience in meditation. Writing and talking about one's meditation sittings is thus recommended for anyone attending this retreat. There will be daily group interviews where participants will talk about their sittings, as well as the option for private individual interviews. Through the course of the retreat the teachers will give talks on the meditative process, as well as discuss Buddhist philosophy and psychology in light of people's meditation experiences and interests. 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.

THE TEACHERS

Jason Siff

Jason Siff was a Theravada Buddhist monk in Sri Lanka in the late 80's, where he practiced Vipassana and studied Pali. He taught meditation at a few meditation centres in Sri Lanka before leaving the Buddhist Order and returning to the States in 1990. He has developed his own approach to awareness meditation practice, which he calls "Recollective Awareness," and in 1996 he co-founded the Skillful Meditation Project in Los Angeles. He teaches at various Vipassana sanghas in the States and in Australia, and has taught at the Esalen Institute and the Barre Centre for Buddhist Studies. His article on "Understanding the Meditative Process" was published by Insight Journal in Spring, 2005. You can visit his website for more information: www.skillfulmeditation.org

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 insight meditation ever since. She has trained in the Mahasi method with Patrick Kearney, and is currently studying with Jason Siff. Anna also practiced for a number of years within the Zen tradition of Thich Nhat Hanh. She runs groups in Adelaide and Goolwa. She is interested in exploring the ways meditation can be used to clarify and refine our inner and outer life. http://www.insightmeditationaustralia.org/anna_markey.html

COST

An Early Bird Option applies (\$500 waged/\$460 concession) if paid before **3rd March 2012**. A day attendance (including all meals) rate of \$330 for waged and \$290 for concession is also available for those who wish to organise their own accommodation. After this date, the cost is \$535 (\$495concession) and \$365/\$325 for the day registration. Registration covers the venue hire and food. It does not include *dana* (donation) to the teachers, which can be offered separately. In accordance with Buddhist tradition the teachings are a gift from the teachers and can be returned to them through *dana*

Glenbarr is an historic homestead situated in beautiful farm land 45mins from Adelaide. The accommodation is in 3-6 bed dormitories or camping. A special rate has been negotiated with B&B providers close by for those wishing to have private, single occupancy rooms. Delicious vegetarian meals are provided.

<http://www.glenbarr.com.au/accommodation.html>

Times

Arrivals Sunday from 4.30pm onwards for a 7.30 pm start following a light meal at 6.30pm. The retreat ends at 2.30 pm on the following Saturday.

Information & Reservations

Barb Kirke on 08 8555 0247 or "bkirke at internode.on.net"