

Suitable for beginners and experienced meditators



Melbourne Insight Meditation Group

at the
Buddhist Society of Victoria (BSV)

**Every Wednesday night
at 7.15pm for 7.30pm sit**

Venue: 71-73 Darling Road, East Malvern, VIC 3145, Australia
in the Buddhhaloka Hall at the BSV

Cost: Absolutely FREE! (includes tea and coffee)
We welcome donations for the teachers and venue.

Any enquiries please email: [MeditationSouthoftheRiver\[at\]hotmail.com](mailto:MeditationSouthoftheRiver[at]hotmail.com)
or call Catherine on 0405 067 827 or Hart on 0409 696 778

Meditation cushions provided, bring your own if you can.

Sessions will include: • *Sitting meditation* • *Walking meditation*
• *Regular dharma talks with guest teachers* • *Group discussion/sharing/tea*

Melbourne Insight Meditation Group is a community of meditators practicing in the tradition of Insight (Vipassana) meditation. We aim to support each other and develop our practice.

We welcome beginners or experienced meditators to join us.

Insight Meditation refers to both Buddhist meditation practices and a largely Western form of Buddhism, which is either free from ritual or has minimal ritual. A common thread is the focus on settling the mind, developing a level of clarity, and looking carefully at one's experience. Aims of Insight Meditation include coming to a deep understanding of who, what and how we are, and finding a sense of connection with, and compassion for, other living beings.

For more information about the tradition and community Melbourne Insight Meditation is within see www.dharma.org.au and www.melbourneinsightmeditation.org

Location Map for the BSV venue

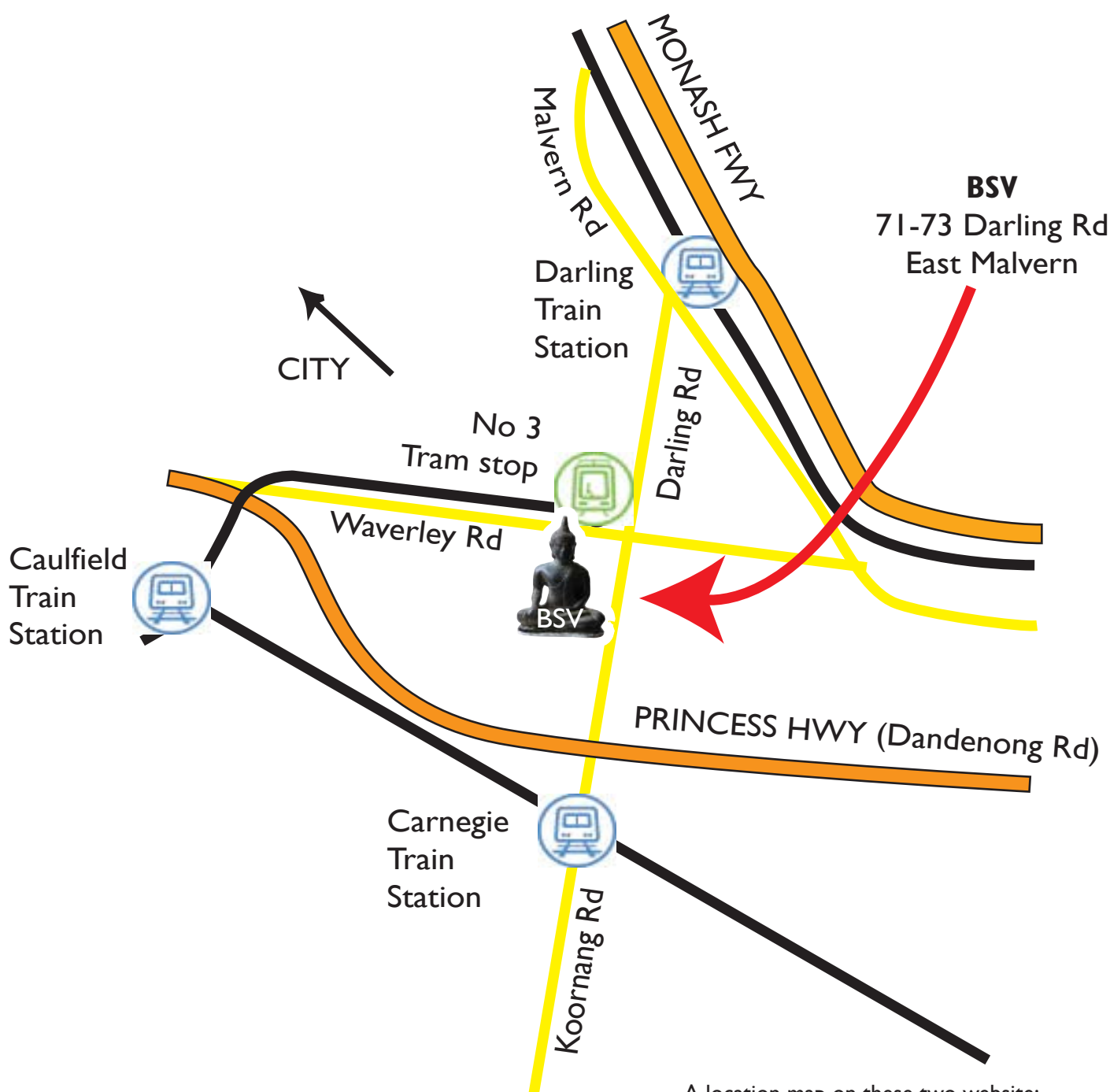
The Melbourne Insight Meditation Group sessions at BSV take place at the Buddhhaloka Centre: 71-73 Darling Road, East Malvern, VIC 3145, Melway Map Reference - 68 J1.

It is a two storey building with a large golden Buddha outside and is easily accessed by public transport.

By Train: The nearest railway stations are Darling (Glen Waverley line) Carnegie and Caulfield (Dandenong, Pakenham, and Cranbourne lines). It is however a bit of a walk, but you can also take the Train to Caulfield Station and then take the No 3 Tram to reach the Buddhhaloka Centre.

By Tram: Tram number 3 (East Malvern line) terminates only a minute's walk from the Centre. After alighting from the tram, walk south along Darling Road.

By Car: There is limited parking at the rear of the Buddhhaloka Centre, 73 Darling Road. If parking on the road please do not obstruct neighbour's driveways.



A location map on these two website:
www.melbourneinsightmeditation.org (see contact/maps)
and www.bsv.net.au (see location).