



Exploring Presence – The Way of Awareness

A six-day meditation retreat

with PATRICK KEARNEY & EMMA PITTAWAY

Friday 5 – Thursday 11 August 2022

At Sangsurya Retreat Centre, Bryon Bay

This retreat is taught jointly by Patrick Kearney and Emma Pittaway. We will explore mindfulness practice through active and receptive awareness. In active awareness we search out our meditation object. In receptive awareness we allow our meditation object to come to us. These modes of awareness are not mutually exclusive, but can be seen as the two ends of a single spectrum. In this retreat we will play with these styles of practice and become familiar with them. The retreat will include morning workshops, evening dharma talks and a daily posture-&-flexibility session.

Patrick and Emma will conduct one-on-one interviews together. The interviews give you the opportunity to have an objective, external view on how your practice is developing. This will help you fine-tune your practice.

Retreat Fee: single room \$1,235; shared room \$935; own vehicle \$635.

Dana: This fee does not include dana, your gift to the teachers. Buddha Dharma is not part of the market economy and can be transmitted and received only as a gift. Once a student realises s/he is receiving a gift, the natural response is to return it. Patrick and Emma use this gift to sustain themselves and their families. Patrick lives primarily on dana and has no other employment.

For further information or to book your place, email Sonya Nourse at sonyanourse@hotmail.com.