

# A Celebration of the Dharma and Women's Wisdom



Come and join a gentle exploration of women's inner lives. The day will offer guided and silent meditation, short dharma topic, inquiry and shared lunch. The meetings aim to evolve according to the needs of the participants.

**Facilitator:** Carol Perry

Carol is an Insight (Vipassana) Meditation teacher and regularly leads retreats, groups and a range of dharma activities. She has a mindfulness-based psychotherapy practice in Lismore NSW and Melbourne.

**When:** Usually 3rd Sunday of the month

**Time:** 9.30am—3.00pm

**Where:** Possum Creek Retreat.

Enter Possum Creek Road from Pacific Highway. After 3km, turn left just before bridge. Go 1km up road to round building on left.

**Bring:** cushion and lunch to share

**Cost:** \$5.00 and Dana

**Contacts and booking:**

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Carol 66886269 cperry[AT]nrg.com.au

**Booking is required**