



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 Perry is a member of the Insight Teachers' Circle, Australia and leads retreats, yatras (mindfulness walks) & dharma workshops. She has a mindfulness-based psychotherapy practice in Lismore & Melbourne.

Bookings required

When: 3rd Sunday of the month

Time: 9.00am—2.30pm

Where: Possum Creek Retreat, near Bangalow

Bring: cushion and lunch to share

Cost: \$5.00 plus Dana

Contacts and booking:

Marita 66847142 maritak[AT]internode.on.net

Carol 66886269 cperry[AT]nrg.com.au