

# Insight Meditation: Finding your own Way

with Victor von der Heyde and Lizzie Turnbull

Wednesday 23<sup>rd</sup> to Wednesday 30<sup>th</sup> May 2018

Springbrook, SE Qld

In this retreat you'll have the opportunity to experiment with different approaches to meditation and find what works best for you. Each year we offer a somewhat different range of practices. You'll have the freedom to use an approach you're familiar with, or try something new. The retreat is an opportunity to develop trust and confidence in your own unfolding practice.

Approaches will include somatic and imaginal practices, compassion meditations, ways of settling the discursive mind, energy body awareness and meditations that help us deconstruct the way we take in the world.

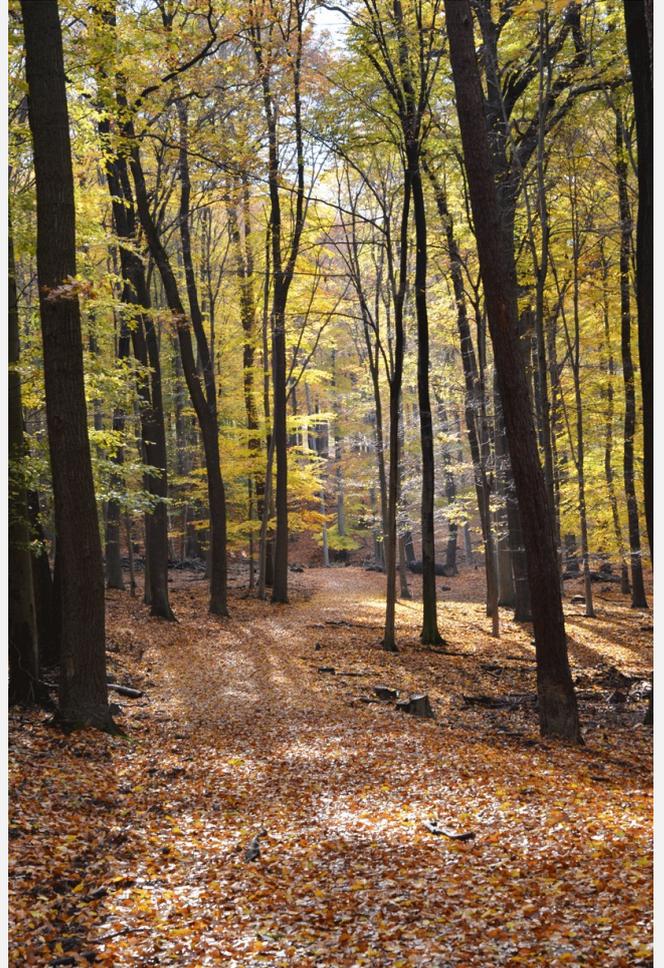
This retreat will follow the common Insight Meditation format of silence, sitting periods, breaks, dharma talks and individual interviews. It's suitable for both new and experienced meditators. More experienced meditators have the option of a largely solitary retreat with little teacher contact while having the support of a retreat environment.

## Teachers:

Victor von der Heyde has been practising meditation for over thirty years. He studied with a wide range of dharma teachers, spent over two years in silent retreats and has taken dharma teaching roles since the mid 1990s. Victor has an interest helping people understand the varieties of meditation so that they're in a position to choose what works for them. He's had a long term focus on environmental ethics, he spent two decades helping manage a small overseas aid organisation and worked for many years as a counsellor.

Lizzie Turnbull has been studying and practising Buddhism since 1985 in the Vajrayana tradition and then in Zen and Western Insight. She began teaching Insight meditation retreats in 2010. For many years she has been interested in integrating the Buddha Dharma with the social sciences and psychotherapy. Lizzie was a director of Somatics Body Oriented Psychotherapy Training in Sydney and teaches and supervises on the Australian Association of Buddhist Counsellors and Psychotherapists (AABCAP) professional training programme. She has a private practice in Byron Shire.

Venue: the Theosophical Society Retreat Centre at Springbrook, Gold Coast hinterland. Everyone gets a small room to themselves. There are walking tracks through the rainforest at the centre and the lounge and dining area has a big wood heater.



Exercise and yoga: While there will be no guided yoga there will be times for your own yoga or exercise. There will be an optional guided somatic practice period.

Food: Vegetarian food will be provided and a number of special dietary needs can be catered for.

Work period: There will be a work period of 30 to 45 minutes to help with keeping costs down and also to help with keeping the venue clean.

Cost: The standard cost is \$690. There is a benefactor rate of \$780 for those who can afford to subsidise people who cannot afford the standard cost. People can apply to have the concession rate of \$600. There are two places for young people (ages 18 to 25) at \$250. The retreat cost covers food and accommodation but does not include any payment to the teachers. Those who wish can pay a \$100 deposit and the remainder by 2<sup>nd</sup> May.

[Dana](#): In keeping with an Insight Meditation and Theravada tradition, teachers offer the teachings as a gift and receive no payment for this. At the end of the retreat there'll be a box for donations to the teachers and this dana will be gratefully received. Dana not only supports the teachers for the time they spend but makes future events of this kind possible.

Cancellations: Cancellations before the 2<sup>nd</sup> May will receive a full refund minus \$50 for administration. Please let us know if you need to cancel so that your place can be offered to someone else.

Getting there: The retreat centre is currently around a 55 minute drive from the Gold Coast airport. This longer than usual time is due to the current closure of the Gold Coast - Springbrook Road. This road may still be closed on the retreat dates. We will arrange transport for people arriving by train at Nerang Station or at by air at the Gold Coast Airport. This will be either a shared shuttle bus or a lift with other participants. There will be an additional per person cost if we need to arrange a shuttle bus.

Registration: Please complete the [registration forms](#), scan and email them to [bookings@dharma.org.au](mailto:bookings@dharma.org.au) or send them to:

Annie Ferguson  
38 Corkwood Crescent  
Suffolk Park  
NSW 2481

and make a payment for the retreat to:

Account name: DharmaCloud  
BSB: 124-001  
Account Number: 90414051

or send a cheque or money order made out to DharmaCloud to Annie Ferguson at the address above. You will receive a confirmation email with details on start and end times, what to bring and how to get there.

For further information, please contact Annie on 0428 499 388 or by email: [bookings@dharma.org.au](mailto:bookings@dharma.org.au)

