

Insight Meditation: Ways of Taking in the World

with Victor von der Heyde and Neli Martin

Wednesday 22nd to Wednesday 29th May 2019

Springbrook, SE Qld

In this retreat you'll have the opportunity to experiment with different approaches to meditation. You'll have the freedom to use an approach you're familiar with, or try something new; to develop trust and confidence in your own unfolding practice.

Approaches will include ways of settling the discursive mind, embodied awareness, energy body and metta practices, and meditations that help us notice



the way we take in the world.

We will follow the common silent Insight Meditation format of periods of sitting, walking, movement/yoga practice, dharma talks and interviews. The retreat is 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.

[Neli Martin](#) began practising meditation in 2000 at Gaia House UK. She started teaching in the Western Insight tradition in 2005; initially mentored by Catherine McGee. Neli draws on the secular Buddhist perspective developed by Stephen & Martine Batchelor. Her teaching focuses on cultivating awareness in body, mind and heart; exploring embodied freedom. Neli has practised yoga since 1992 and has taught since 1998. She also teaches other movement meditation via dance and leads silent forest walks (yatras). Neli is a registered psychologist working in private practice in Noosa.

Venue: the retreat will be at 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 / movement / yoga: There will be periods scheduled for movement and yoga, both guided and unguided.

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 \$670. There is a benefactor rate of \$760 for those who can afford to subsidise people who cannot afford the standard cost. People can apply to have the concession rate of \$580. There are two places for young people (ages 18 to 25) at \$300. 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 1st 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 1st 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 around a 55 minute drive from the Gold Coast airport. The Mudgereeba Springbrook Road is now open. We will arrange transport for people arriving by train at Robina Station or 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 them if needed and email them to bookings@dharma.org.au

Retreat payments go to:

Account name: DharmaCloud

BSB: 124-001

Account Number: 90414051

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 call Victor on 0427 360 500 if calling before the end of February or Annie on 0428 499 388 if calling after February. Or email: bookings@dharma.org.au

