

OPEN HEART AWAKENED MIND ZEN SESSHIN (RETREAT)

Rising Phoenix Retreat, Mullumbimby, September 29th-October 5th
2018



You are invited to explore a traditional Zen meditation retreat (sesshin)

Sesshin is a time to cultivate the awakened Heart-Mind.

Sesshin provides an opportunity to leave the routines of daily life and settle into the silence of this ancient tradition. Through the practices of sitting (zazen) and walking meditation, inquiry, interviews with the teacher, dharma talks, chanting, and mindfulness practice we can find the freedom of the open heart and the liberation of the awakened mind.

This sesshin is suitable for both beginners and experienced meditators.

TEACHER: Ellen Davison Roshi is a Zen teacher in the Diamond Sangha Lineage and leads meditation groups and retreats in both Zen and Insight/Vipassana traditions. Ellen is the resident teacher of the Kuan Yin Meditation Centre in Lismore and a guiding teacher for the Bellingen Zen Group.

VENUE: Rising Phoenix Retreat is 6km from Mullumbimby nestled in a valley with spectacular views of mountains and cliffs. There is shared accommodation indoors, plus areas for participants to pitch their own tents.

ENQUIRIES : Contact Ina on 66213745 or email: inahall@outlook.com

COST: \$440.00, Camping \$375.00. The cost includes accommodation and meals. Teachers do not get any payment but rely on dana (donations)

Registration form:

www.kuanyinmeditationcentre.org.au

www.insightmeditationaustralia.org