



Kuan Yin Meditation Centre

DAY OF MINDFULNESS & RETREAT SCHEDULE 2020

January: Friday 24th – Friday January 31st – The Inner Revolution- An Insight Meditation Retreat with Will James and Subhana Barzaghi, Byron Bay info at:
www.insightmeditationaustralia.org

February: Saturday 16th - Meditation in Action 9:30am-1pm - Kuan Yin Meditation Sangha Work Morning There will be an optional period of meditation practice in the morning from 9-9:30am. The main activities will be working in the gardens and working in the Dojo. Contact: Ellen on 66886112 for more information.

March: Thursday March 26^h – Wednesday April 1st -The Path of Awakening
A 6 day Insight/Mindfulness/Vipassana Retreat with Ellen Davison at Sangsurya, Byron Bay
This retreat is suitable for both beginners and experienced meditators. The retreat consists of meditation instruction with guided meditations, sitting and walking meditation, Dharma talks plus group and individual interviews. For further information and bookings: email vjwight@gmail.com
Registration forms available on www.dharma.org.au; www.insightmeditationaustralia.org
www.kuanyinmeditationcentre.org.au

June: Friday June 5th –Friday June 12th – Insight Meditation Retreat with Subhana Barzaghi at Sangsurya, Byron Bay. Info at www.insightmeditationaustralia.org;
www.dharma.org.au

July: Sunday 19th

Meditation in Action 9am-12pm - Kuan Yin Meditation Centre Sangha Work Morning
A meditation and Sangha work day. This day will combine 1 period of meditation practice in the morning followed by applying one's practice into the activities of everyday life.
Contact: Sue on 0477 880 185

August – Saturday 8th

Day of Mindfulness with Mal Huxter 9am - 4pm

Mal is a Clinical Psychologist in private practice. He writes and conducts Mindfulness based programs. Mal currently leads workshops and courses in "Mindfulness & the Path of Kindness, Wisdom & Happiness". Contact: sonyanourse@hotmail.com

September: Friday 4th -Thursday September 10th

Freedom of the Heart. A 6 day silent Meditation Retreat with Ellen Davison and Radha Nicholson at Sangsurya, Byron Bay . This retreat consists of sitting and walking meditation, open inquiry sessions, group and individual meetings with the teachers, an optional morning yoga period, Dharma talks, and guided meditations. Info at www.insightmeditationaustralia.org
www.dharma.org.au www.kuanyinmeditationcentre.org.au

September: Saturday September 26th – Friday October 2nd

Hazy Moon Spring Sesshin (Zen Retreat) - A 6 day Zen Sesshin (Zen retreat) with Ellen Davison at Mullumbimby.

This 6 day sesshin will allow and encourage participants to settle deeply into the silence and stillness within and to explore the deeper questions and issues which often arise in the course of one's life.

Ellen is a Roshi in the Diamond Sangha lineage and has been leading sesshin in Australia for over 15 years. For further information contact Colin on (02) 66891614 or email: nimbinensis@hotmail.com

Registration forms: www.kuanyinmeditationcentre.org.au www.insightmeditationaustralia.org

October: Sunday 25th - Meditation in Action 9am-1pm

A Meditation and Sangha work morning. - Contact: Sue: 0477 880 185

December: Sunday 6th - Morning of Mindfulness with Ellen Davison 9:00am – 1:15pm This

morning of mindfulness will include meditation instructions, sitting and walking meditation, a Dharma talk and interviews, followed by a shared lunch. Ellen emphasises the application of the teachings to everyday life. Contact Sue: 0477 880 185

This schedule is subject to change without notice and as such bookings are recommended

Note: Registration forms for retreats will be available on the websites three months prior to retreats

KUAN YIN MEDITATION CENTRE

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www.kuanyinmeditationcentre.org.au

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