



Coast and City Sangha presents

AUTUMN MEDITATION RETREAT

31ST MARCH – 3 APRIL 2022

**AT GLENBARR HOMESTEAD,
STRATHABLYN, SA**

This retreat will emphasize a gentle receptive approach to meditation that supports an exploration of your inner world. You will learn how to allow your unique experience to unfold naturally, seeing even what you may usually view as unacceptable or mundane in a new way. Through an experienced based practice, you will journal and have the opportunity to report on your sittings as a way of cultivating greater awareness. You will learn from hearing each other's experiences as well as from gentle inquiry by the teachers. There will be an opportunity for private interviews with the teachers and short talks on the dharma each morning and afternoon.

The retreat is open to beginners as well as experienced meditators.

Teachers

Anna Markey was introduced to Buddhist practice in India in 1983. She is interested in the early teachings of the Buddha and in using a gentle, receptive approach to meditation to see into our experience in order to bring about wisdom and kindness in our daily lives. For more information <http://coastandcitysangha.weebly.com/teachers.html>

Tina Gibson is a skilled Mindful Self-Compassion (MSC) teacher and is currently the only Certified MSC Teacher Trainer and Mentor in Australia. She is a member of the International Advisory Council for MSC and the Mindfulness Teachers Network of South Australia. She has been practicing Reflective Meditation for many years and brings ease and gentleness to the way she lives her life, and teaches meditation.



Glenbarr is an historic homestead in beautiful farm land 45minutes from Adelaide.

The accommodation is in 3-6 bed dormitories or camping.

<http://www.glenbarr.com.au/>

**NUTRITIOUS
VEGETARIAN MEALS
PROVIDED**

**REGISTRATION
EARLYBIRD BEFORE 3
MARCH 2022 \$420
(CONCESSION \$340)
AFTER 3 MARCH 2022
\$440 (CONCESSION
\$360)**

Scholarships available for anyone experiencing financial difficulties. For more information contact Barb Kirke (bkirke[at]internode.on.net)

**ONLINE
REGISTRATION**

