

Insight Meditation Retreat (Recollective Awareness)

With Jason Siff
and Anna Markey

*Longwood Camp – Mylor –
South Australia.*



24 – 30 October 2014

This retreat offers ways to become more aware of the meditative experience, to increase discernment and investigation, and to examine the various conceptual frameworks people bring to meditation practice. Participants may meditate in whatever way they are accustomed to, or they may try out a gentle permissive approach to meditation, or do a bit of both. The emphasis of this way of teaching meditation is not so much on what people decide to do in meditation but on what they experience in meditation. Writing and talking about one's meditation sittings is thus recommended for anyone attending this retreat. There will be daily group interviews where participants will talk about their sittings, as well as the option for private individual interviews. Through the course of the retreat the teachers will give talks on the meditative process, as well as discuss Buddhist philosophy and psychology in light of people's meditation experiences and interests.

The retreat is open to beginners as well as experienced meditators who would like to look more deeply into the meditative process itself and bring more ease and acceptance into their sittings.

THE TEACHERS

Jason Siff

Jason Siff was a Buddhist monk in Sri Lanka in the late 1980s, where he began studying Pali and teaching meditation. After he left the Buddhist monastic order and returned to Los Angeles in 1990, he studied counselling psychology and worked as an intern for four years, at the end of which he decided to devote his life to meditation teaching. He is the head teacher of the Skillful Meditation Project. He teaches meditation and leads retreats throughout the United States, Canada and Australia. You can visit his website for more information: www.skillfulmeditation.org

Anna Markey

Anna began exploring Buddhist practice in the early 80s while teaching in a Tibetan village in India. At the same time she attended retreats with Christopher Titmuss and has practiced insight meditation ever since. She has trained in the Mahasi method with Patrick Kearney, and is currently studying with Jason Siff. Anna also practiced for a number of years within the Zen tradition of Thich Nhat Hanh. She runs groups in Adelaide and Goolwa. She is interested in exploring the ways meditation can be used to clarify and refine our inner and outer life.
http://www.insightmeditationaustralia.org/anna_markey.html

COST

An Early Bird Option applies (\$565 waged/\$500 concession) if paid before 12th September 2014. After this date, the cost is \$590 (\$525 concession) due by 10th October 2014. Registration covers the venue hire and food. It does not include *dana* (donation) to the teachers, which can be offered separately. In accordance with Buddhist tradition the teachings are a gift from the teachers and can be returned to them through *dana*.

RETREAT VENUE

Longwood is a privately owned retreat centre situated in the Adelaide Hills, 5 kms from Stirling. The accommodation is in 3-bed dormitories or you can bring your own caravan or tent. Nutritious vegetarian meals are provided.

Times

Arrivals Friday from 4.30pm onwards for a 7.30 pm start following a light meal at 6.30pm. The retreat ends at 2.30 pm on the following Thursday.

Information & Reservations

Barb Kirke on 08 8555 0247 or "bkirke at internode.on.net"