



Meditation Retreat

Going to Ground



Recollective Awareness
with Jenny Taylor and Anna Markey

Glenbarr Homestead, Strathalbyn, South Australia

24-30 November 2017

For many of us life is full: the needs of family and community are pressing, and concerns for the world can be overwhelming. How to care for the places and people we love, and for ourselves? This retreat offers an opportunity to look within, and to look outward, reflecting on your part in the larger life of place and community. Of all times in the life of our planet, it seems crucial now to grasp our non-separation from each other and from the world.

To help us reconnect with what inspires and sustains us, on this retreat we will take up the theme of 'going to ground'. In a supportive environment, you can reflect, listen deeply, and unwind. We hope that you will return home refreshed, with more understanding of yourself, your place in the world, and what you have to offer the future.

The **Recollective Awareness** approach to meditation taught on this retreat emphasises gentleness toward oneself and others, curiosity about one's experience, and permission to explore new aspects of meditation.

Most of the retreat will be in silence. In addition to meditation periods, there will be talks about meditation, Q&A and discussion, optional group interviews. There will be plenty of time each day for rest, walking, and journal writing.

The retreat is open to people who are new to meditation, as well as experienced meditators.

THE TEACHERS

Jenny Taylor is a visual artist and arts facilitator who lives in Alice Springs. She has taught Buddhist meditation for around 20 years. She encourages an open, questioning approach to meditation, and aims to help people develop forms of practice that are relevant to them, and support their commitments to the wider world. She is interested in how Indigenous perspectives can inform dharma practice, and our understanding of where we live, and how we live.

Anna Markey 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 (*If cost prohibits you from attending, please contact us as financial assistance may be available.*)

An Early Bird Option applies (\$795 waged/\$630 concession) if paid before **13 October 2017**. After this date, the cost is \$825 (\$660 concession) **due by 10 November 2017**. A **deposit of \$100 at the time of registration is required to secure a place**. Registration covers the venue hire and food. It does not include *dana* (donation) to the teachers. In accordance with Buddhist tradition the teachings are a gift from the teachers and can be returned to them through *dana*.

RETREAT VENUE

Glenbarr is an historic homestead situated in beautiful farm land 45mins from Adelaide. The accommodation is in 3-6 bed dormitories or camping. Delicious vegetarian meals will be provided. <http://www.glenbarr.com.au/>

Times: Arrivals Friday from 4.30pm onwards for a 7.30 pm start following a light meal at 6.30pm. The retreat ends at 3pm on the following Thursday.

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

[Online registration](#)