

# Meditation Retreat

## WHEN

16-21 October 2019

## WHERE

Openlight Camp Centre, Victor Harbor, SA

## Knowing what we know, how are we to live?

The Buddhadharma offers us a way of living. We are invited to build an ethical, contemplative and wisdom-based practice/life, that optimises flourishing or at least a minimum of harm. We live in a time and culture that offers many challenges, difficulties and uncertainty for ourselves, future generations and our planet. This retreat offers us an opportunity to embrace nature, beauty, silence, meditation, dharma talks and reflection within a supportive community. In doing so we can explore how we might experience disconnection and how might we align our inner and outer world, in order to respond appropriately. We will offer an experience-based approach to meditation through journaling, attending groups, silent walking in nature and learning from our own and other's experience. There will be opportunity for interviews with the teachers.



## TEACHERS

Ken Golding first became interested in Buddhist teachings and meditation forty years ago. Since then he has practiced and studied in the Insight and Zen traditions. Ten years ago, he met Jason Siff and trained in the Recollective Awareness approach. He currently offers retreats and workshops using this gentle, allowing and reflective approach. Combined with a rich history of social and environmental activism, Ken has a deep and abiding sense of love and connection with the Australian landscape. These influences inform a view of Engaged Buddhism he brings to teaching roles in retreats in both local and remote natural areas.

Anna Markey was introduced to Buddhist practice in India in 1983. She took teachings from a variety of Tibetan teachers and attended retreats with insight teacher, Christopher Titmuss, the same year. Anna also practised for a number of years with a Zen group in the tradition of Thich Nhat Hanh and in the Burmese Mahasi method of practice with Patrick Kearney. For ten years she studied with Jason Siff and now works with a collective of teachers. She is interested in the early teachings of the Buddha and in using a gentle, receptive approach to meditation to see into our experience. This brings about kindness, wisdom and liberation in our daily lives and in the world we interconnect with.



**Suitable for beginners and long-term practitioners. The venue is in the hills behind Victor Harbor with opportunities for walks in the bush or a trek to the coast. An interface with nature is important for this retreat. Nourishing vegetarian meals are provided and accommodation is in small 3-6 person dorms or camping.**

## REGISTRATION

**EARLYBIRD BEFORE  
4 SEPT 2019**

**\$655 (CONCESSION \$525)**

**AFTER 4 SEPT 2019**

**\$675 (CONCESSION \$545)**

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

## Online registration

