

**Coast and City Sangha's
Spring Meditation Retreat
19-24 September 2018
With Linda Modaro, Nelly Kaufer
and Anna Markey
Glenbarr Retreat Centre
Strathalbyn, South Australia**



About the Retreat

During this five day silent retreat, our intention is to nurture a friendly and innovative attitude towards meditation . Reflective Meditation is an orientation to meditation practice where you can discover the ways in which you are naturally creative and innovative. The roots of this practice are found in the Buddha's early teachings: mindfulness, recollective awareness, and conditionality. This retreat offers support to practise meditation in a beautiful place and to explore with others our inner and outer world. We can investigate these interfaces with creativity and kindness .We can honour our experience and deepen our relationship to it. There will be dharma talks, discussion, private interviews, walks and time to do as you wish.

About the Venue

Glenbarr is an historic homestead in beautiful farm land 45minutes from Adelaide. The accommodation is in 3-6 bed dormitories or camping. Delicious vegetarian meals will be provided. <http://www.glenbarr.com.au/> To view photos of Glenbarr [click here](#)

About the Teachers

Linda Modaro

Offering unique and individualized mentorship to meditators and meditation teachers, Linda encourages a blending of reflective meditation with other mindfulness, insight, and awareness practices. In Santa Monica, California, where she lives, she works with small groups and individuals online connecting with meditators around the world.

<https://satisangha.org/>

Nelly Kaufer

Nelly Kaufer is the founder and lead teacher at Pine Street Sangha, a Meditation center in Portland, Oregon. Witnessing an intimate understanding of dharma along with a kind regard for the variety of meditative experiences, she teaches Reflective Meditation. <http://pinestreetsangha.org/teachers/>

Anna Markey

Anna began exploring Buddhist practice in the early 1980s when she was teaching in a Tibetan village in India. She has been studying the buddhadharma and practising insight meditation ever since. She is interested in exploring the ways in which experience -based meditation can be used to clarify and to enrich and refine our inner and outer lives. She runs groups in Adelaide and Middleton.

http://www.insightmeditationaustralia.org/anna_markey.html

**Registration : Early bird (pay by 6 August 2018)
After 6 August 2018**

**Waged \$735 Concession \$590
Waged \$760 Concession \$610**

This does not include *dana* (donation) to the teacher, which can be offered separately. In accordance with Buddhist tradition the teachings are a gift from the teacher and can be returned to her through *dana*.

A limited number of scholarships are available to assist anyone unable to attend due to costs.

[Online registrations](#) Please contact Barb Kirke (bkirke[at]internode.on.net) for further information.