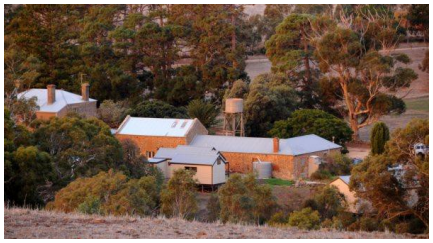
Coast and City Sangha presents
Recollective Awareness Meditation Retreat

Residential weekend retreat 16 - 18 March 2018
With Anna Markey

Glenbarr Retreat Centre
Strathalbyn, South Australia

About the Retreat

This retreat will emphasize a gentle 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 and learning more about the processes that support your experiences. Through *Recollective Awareness*, 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 teacher. There will be an opportunity for private interviews with the teacher.



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.

Nourishing vegetarian meals are provided.

About the teacher

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. Since 2007 she has been studying with Jason Siff. 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 change and liberation in our daily lives.
Information on Anna's groups and retreats can be found at Coast and City Sangha

Registration : **Early bird (pay by 16th Feb 2018) Waged $250 Concession $200**
After 16th Feb 2018 Waged $275 Concession $220

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 the cost. Please contact Barb Kirke for further information.

Times

Arrive Friday from 4.30pm onwards for a 7.30 pm start. A Light meal will be served at 6pm. The retreat ends at 3.30 pm on Sunday

Information & Reservations

Contact Barb on 08-8555-0247 or "bkirke[at]internode.on.net" Click here for online registrations