

Oct 24 — 28, 2018

— A coastal
meditation retreat
with Jess Huon

Metamorphosis

Lauderdale, Tasmania
25 mins out of Hobart
Silent retreat

www.jesshuon.com

RETREAT w/ Jess Huon

Sometimes we are drawn
into the quiet to allow for a
regenerative process to occur.

In life we can sometimes find ourselves in what I call a metamorphic crisis.

Habitual ways of being no longer quite satisfy.

We might yearn for a freer and more congruent expression of our-selves.

Meditation practice aids this transitional process. We are supported to step out of old modes of being and to emerge in new light.

During this retreat we will inquire into what supports and hinders us as we enter new thresholds - whether they be internal, work orientated or relational.

The teachings in this retreat will be grounded in foundational Buddhist teachings, the teacher's direct experience and her own poetic methods. Guidance and support will be offered through meditation instruction, heart practices, connected movement classes, one-one's, group interviews, group discussion, dharma talks, meditative singing and dancing.

Dates: 24th -28th October, 2018

Cost: Base cost \$445 plus Dana - monetary contribution to teacher (guidelines included in booking).

Where: Orana Camp, Lauderdale, 25 mins out of Hobart

Bookings Contact: Kevin Englefield
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About Jess Huon | Jess has been engaged in meditative and embodiment practices since the age of seventeen. She has trained in traditional Buddhist monastic settings, in inter-faith contexts of meditative inquiry, and also within long periods of solitary forest practice. This training has taken place in India, Australia, Spain, and the USA. In 2009 Jess was awarded a scholarship to study Buddhist texts at Spirit Rock, near San Francisco. She holds a bachelor of Creative Arts (VCA), and a postgraduate degree in Therapeutic Arts practice (RMIT). Jess brings traditional teaching alive in a fresh, feminine, and transformative manner. A natural orator, her talks have been described as "street language for the soul." Whilst deeply informed but not bound by tradition, her style is grounded in contemporary life. She teaches regularly with the Melbourne Insight Meditation Group.