



## **A Celebration of the Dharma and Women's Wisdom**

**Come and join a gentle exploration of women's inner lives. The morning will offer guided and silent meditation, short dharma talk and inquiry.**

**Facilitator:** Carol Perry

Carol is an Insight (Vipassana) Meditation teacher and regularly leads retreats, groups and a range of dharma activities. She has a mindfulness-based psychotherapy practice.

**When:** Every third Sunday of the month

**Time:** 9.30am—1.15pm

**Where:** Possum Creek Retreat (near Bangalow). Enter Possum Creek Road from Hinterland Way (old Pacific Highway). After 3km, turn left just before bridge. Go 1km up road, keep left to round building.

**Bring:** cushion

**Cost:** \$5.00

**Dana:** Donation for teacher

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