

## Perth Insight Meditation Group

# The Wisdom of Letting Go: Insight Meditation Retreat

**Fri. 14<sup>th</sup> May – 23<sup>rd</sup> May 2010.**

9 Nights - Retreat ends mid morning on Sun 23<sup>rd</sup> .

**Teachers: Annie Nugent and Sky Dawson**

Insight Meditation offers us an opportunity to understand suffering and its causes. With this understanding we can experience life from a place of deep wisdom and learn to let go of the burdens we carry. This brings an increasing sense of ease and well-being into all aspects of our lives.

The retreat is suitable for both beginners and experienced meditators and will be held at Jhana Grove Meditation Centre, Serpentine, WA

Jhana Grove is a dedicated meditation centre offering single en-suite accommodation. Nourishing vegetarian meals are served and the retreat is supported through minimizing distractions and observing silence.

**COSTS:** (Early bird option: A reduction on the cost applies if FULL payment is made prior to 31<sup>st</sup> May 2010)

A deposit of \$100 is required to register and full payment is due 14<sup>th</sup> April 2010

(Direct Debit – Commonwealth Bank – BSB 066105 A/C 10049865 or by cheque to Insight Meditation Retreat, P.O. Box 1611, Fremantle 6959)

	Options	Early Bird cost	Cost after Mar 31
1	Full Retreat 14 <sup>th</sup> May – 23 <sup>rd</sup> May 2010	\$ 400	\$ 450
2	Weekend 14 <sup>th</sup> to 16 <sup>th</sup>	\$ 150	\$ 170
3	Weekend plus extra nights	\$ 150 + \$45 per extra night	\$170 + \$45 per extra night

Scholarships are available on request, for both the Full Retreat and the Weekend.

**DANA:** In line with Buddhist tradition, Annie and Sky's teachings are offered freely. In gratitude, students offer material support to enable their teaching to continue.

See [www.pimg.org](http://www.pimg.org) for full details and an online registration form

For further information phone: Sue or Keith McBurnie – (08) 9438 2509

**About Annie Nugent:**

Annie has practiced in the Theravada and Tibetan traditions since 1979 under the guidance of a range of teachers including Sayadaw U Pandita, Tulku Akong Rinpoche and various western teachers. Annie was the resident teacher at the Insight Meditation Society from 1999-2003 and has since been teaching elsewhere in the USA, including the IMS 3 month retreat and at The Forest Refuge.

**About Sky Dawson:**

Sky has practiced Vipassana Meditation since 1981 and completed the Insight Meditation Society Teacher Training Program (USA) in 2005 and has since taught as Teacher in Residence at The Forest Refuge at IMS. Sky lives in Western Australia where she teaches the dharma and also has extensive experience in hospice and palliative care.

**About Perth Insight Meditation Group:**

PIMG is a not for profit organization of people who come together to organize Buddhist Meditation retreats in the Theravada tradition. Several retreats are provided each year, led by a range of visiting lay and ordained teachers. We hold weekly meditations in Perth and Margaret River.

While principally interested in Insight or Mindfulness Meditation (also called Vipassana), we also hold Loving Kindness or Metta Retreats.

There is no cost for membership and all interested people are welcome to attend the retreats.

See [www.pimg.org](http://www.pimg.org) for more information

**Retreat Cancellation Policy**

Withdrawal from retreat within one month or earlier – full refund is given

Withdrawal between 2 to 4 weeks prior – ½ refund is given, less \$50 Admin Fee

Withdrawal less than 2 weeks beforehand – no refund is given

Reasons of sickness, accident or family death will be given consideration