

ONE DAY MEDITATION RETREAT MARGARET RIVER

Developing a Wise Heart

The Perth Insight Meditation Group (PIMG) IS PROUD TO PRESENT THIS DAY WITH MEDITATION TEACHERS **Sky Dawson** AND **Annie Nugent**

SKY AND ANNIE TEACH RETREATS AT THE INSIGHT MEDITATION SOCIETY IN MASSACHUSETTS, USA.

SKY LIVES IN WA AND ANNIE IS VISITING FROM THE USA.

Meditation is the path of heart. This retreat offers an opportunity to focus on how awareness helps us to understand the joys and sorrows of life with sensitivity. With this understanding we can experience life from a place of deep wisdom and learn to let go of the burdens we carry. There will be a focus on our daily life as part of our spiritual journey. This brings an increasing sense of ease and wellbeing into all aspects of our lives.

THERE WILL BE TWO SESSIONS OF **yoga stretches** INCLUDED IN THIS DAY.

FOR MORE INFORMATION ABOUT THE TEACHERS AND OTHER RETREATS SEE WWW.PIMG.ORG

Date and Venue: SUNDAY, MAY 9TH FROM 9AM TO 4PM

THE COMMUNITY RESOURCE CENTRE, 33 TUNBRIDGE STREET, MARGARET RIVER.

Cost: MORNING TEA AND LUNCH WILL BE INCLUDED - COSTING \$30.

Dana : IN LINE WITH BUDDHIST TRADITION, SKY AND ANNIE OFFER THE TEACHING FREELY. MEDITATORS CAN OFFER MATERIAL SUPPORT SO THE TEACHINGS CAN CONTINUE.

Contact SKY ON 9384 2291 OR RAYSKY@OPTUSNET.COM.AU FOR INFORMATION.

Registration ANNE DEL FANTE ON 0417 996 787 OR ALFANTE@BIGPOND.COM