



January 2010 Newsletter

The Perth Insight Meditation Group is a not-for-profit organization consisting of a small group of people who support meditation retreats in Perth. As the group has strengthened over a 15 year period several retreats are organized annually. PIMG invite both lay and ordained teachers from around the world who teach Insight Meditation (Vipassana) in the Theravada Tradition.

The PIMG Management Committee:

Wendy Francis; Jim Ellis (Treasurer); Michelle Ellis; Kanthi and Sanath de Tissera; Sue and Keith McBurnie; Geetha Mendis; Laura Bernay and Helen Oakey.

PIMG mailing address is P. O. Box 1611, Fremantle, 6959 and Retreat Registration forms can be down loaded from the website where a phone contact is listed for each retreat.

2009 Review: PIMG organized 2 residential retreats during 2009. The first retreat in May with Guy Armstrong, Sally Clough, and Sky Dawson was fully booked.

The second retreat of the year held in October was with Patrick Kearney and was the first retreat PIMG has held at the Jhana Grove meditation retreat centre. This retreat also was fully booked.

Half Day /Day Retreats: During 2009 Sky Dawson led ½ Day retreats at the Beacon Yoga Centre on the last Sunday of each month. These retreats were well attended and are a really good opportunity for re-connecting and strengthening your practise.

Sky also held two 1 Day retreats in Margaret River and these retreats provided an excellent opportunity for people in the South West to reconnect with the practice of mindfulness as taught by the Buddha.

The ½ Day and 1 Day retreats are suitable for both experienced and beginner meditators and are a wonderful opportunity to practice meditation with supportive teachings.

Retreats for 2010: PIMG have two retreats planned for this year.

Friday 14th May to Sunday 23rd May

Teachers: Annie Nugent and Sky Dawson

Theme: *The Wisdom of Letting Go: Insight Meditation Retreat*

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.

Venue: Jhana Grove Meditation Centre, Serpentine

Contacts: Keith and Sue McBurnie (08) 9438 2509

Registration: Registration forms are available on the PIMG Website and can be sent electronically or downloaded and posted to P. O. Box 1611, Fremantle, 6959.

November 26 - December 5

Teachers: Steve Armstrong and Kamala Masters – Insight Meditation Retreat

Venue: Jhana Grove Meditation Centre, Serpentine

Contacts: To be advised – for registrations please consult the PIMG website for updates closer to the retreat.

Day /Half Day Retreats: with Sky Dawson

Half Day Retreats - 2010 Jan 17, Apr 25, July 25, Oct 24

Venue: Beaconsfield Yoga Centre, 151 South Street, Beaconsfield.

Times: 9am to 1 pm

Day Retreats – Sky Dawson and Annie Nugent will be conducting a 1 Day retreat in Margaret River on May 9th while Annie is in W.A. for the residential retreat. If you would like to enrol for this retreat please contact:

Venue: Community Resource Centre, Tunbridge St, Margaret River

Times: 9 am – 4 pm

Cost: \$30.00 (includes lunch and morning tea)

Registration: Anne Del Fante on 0417 996 787 or alfante@bigpond.com

Contact: Sky on raysky@optusnet.com.au for information

Dana : In accordance with Buddhist tradition the teachers offer these ½ day and 1 day retreats as a service to the community. If meditators wish, they can offer dana to support the teachers and the teachings.

Sky Dawson

Yogis will be interested to learn that Sky, our local teacher, has been invited to become the Teacher In Residence at The Forest Refuge in Barre, Massachusetts in 2010. At present Sky is waiting for her Visa and if approved she will take up her position there in November and will spend her time between Perth and Barre. While we are thrilled for Sky we are also a little sad that she will be here a lot less. But on the other hand her experience will benefit all of us when she visits. So congratulations Sky.

PIMG 2011 Retreats:

May 2011 –Daw Ariya Nani: Daw Ariya Nani was ordained by Sayadaw U Janaka in Burma in 1992 and teaches Vipassana retreats in Australia, Europe and the United States. Details of the retreat will be on the PIMG Website at a later date.

Nov 2011 – Patrick Kearney – PIMG are currently working on the possibility of a long retreat with Patrick Kearney late in 2011. We are currently looking into options for holding a 1 month retreat and will post details on the website later.

Jhana Grove Meditation Centre

PIMG are extremely happy to have been invited to use the Jhana Grove Meditation Centre for our future retreats. This purpose-built centre was constructed by the Buddhist Society of W.A. and is nestled in the hills above Serpentine, just 1 km from the Bodhinyana Monastery. The centre comfortably accommodates up to 60 yogis in 10 cottages. Each cottage contains 6 individual rooms with en-suite and these facilities provide a excellent opportunity for deep practice.

The large air-conditioned meditation hall is connected to the cottages by undercover walkways and has three adjoining walking halls for walking meditation. There is a well-equipped commercial kitchen and a lovely dining room making the centre extremely suitable for retreats.

Maintenance of the centre is a huge project for the BSWA and PIMG would like to organize a working day at the centre in April/May to do some general cleanup / gardening. If you are interested in assisting with this please contact Sue McBurnie: suemcburnie@inet.net.au or on 9438 2509 and she will keep you informed on what the plans are for this. It would be a lovely way to contribute to the centre and also a nice way to spend a day with Dhamma friends.

Keeping in Touch: For more details and regular updates on activities being organized by PIMG, and for updated contact information, you can always check the website – Perth Insight Meditation Group – www.pimg.org

With the advent of Jhana Grove the opportunity for retreats will increase in Western Australia and as a result you will occasionally find information on retreats in the Theravada Tradition organized by groups other than PIMG.

For those in the South-West there is a weekly meditation in Margaret River. If you would like details in regard to the sit please contact Anne Alafante at alfante@bigpond.com or by phone on (08) 9758 8631 or 0417 996 787.