



Kuan Yin Meditation Centre

DAY OF MINDFULNESS & RETREAT SCHEDULE 2021

January: Friday 23rd – Friday February 30th – The Depth of Inquiry- An Insight Meditation Retreat with Will James and Subhana Barzaghi, Byron Bay. Info at:
www.insightmeditationaustralia.org

February: Sunday 14th - Meditation in Action 9:30am-1pm - Kuan Yin Meditation Sangha Work Morning There will be an optional period of meditation practice in the morning from 9-9:30am. The main activities will be working in the gardens and working in the Dojo. Contact: Sue on 0477880185 for more information.

**March: Friday March 12th – Thursday March 18th - Walking The Path of Awakening
A 6 day Insight/Mindfulness/Vipassana Retreat with Ellen Davison and Jen Ireland assisting at Sangsurya, Byron Bay**

This retreat is suitable for both beginners and experienced meditators. The retreat consists of meditation instruction with guided meditations, sitting and walking meditation, Dharma talks plus group and individual interviews. For further information and bookings: email vjwight@gmail.com . Registration forms available on www.dharma.org.au; www.insightmeditationaustralia.org www.kuanyinmeditationcentre.org.au

March: Saturday March 27th-Sunday March 28th A two day non-residential retreat of Zen Meditation with Ellen Davison and Rachel Whiting at Kuan Yin Meditation Centre. Inquiries:: Colin at nimbinensis@hotmail.com

June: Friday June 11th –Friday June 18th – Insight Meditation Retreat with Subhana Barzaghi and Carol Perry at Sangsurya, Byron Bay. Info at www.insightmeditationaustralia.org; www.dharma.org.au

July: Sunday 18th

Meditation in Action 9am-12pm - Kuan Yin Meditation Centre Sangha Work Morning

A meditation and Sangha work day. This day will combine 1 period of meditation practice in the morning followed by applying one's practice into the activities of everyday life.
Contact: Sue on 0477 880 185

August: Saturday 28th – Sunday 29th A 2 day non-residential Insight/Vipassana Meditation Retreat with Ellen Davison and Matt Currie at Kuan Yin Meditation Centre.
Contact: Rosie on 0402682925

September- Friday 10th -Thursday September 16th

A 6 day silent Insight/Vipassana Meditation Retreat with Ellen Davison and Radha Nicholson at Sangsurya, Byron Bay . This retreat consists of sitting and walking meditation, open inquiry sessions, group and individual meetings with the teachers, an optional morning yoga period, Dharma talks, and guided meditations. Info at www.insightmeditationaustralia.org www.dharma.org.au www.kuanyinmeditationcentre.org.au

September: Friday September 24th – Thursday September 30th

Hazy Moon Spring Sesshin (Zen Retreat) - A 6 day Zen Sesshin (Zen retreat) with Ellen Davison and Rachel Whiting at Mullumbimby.

This 6 day sesshin will allow and encourage participants to settle deeply into the silence and stillness within and to explore the deeper questions and issues which often arise in the course of one's life. Ellen is a Roshi in the Diamond Sangha lineage and has been leading sesshin in Australia for over 17 years. For further information contact Colin on (02) 66891614 or email: nimbinensis@hotmail.com
Registration forms: www.kuanyinmeditationcentre.org.au www.insightmeditationaustralia.org

October: Sunday 17th - Meditation in Action 9am-1pm

A Meditation and Sangha work morning. - Contact: Sue: 0477 880 185

October: Saturday 30th & Sunday 31st – A 2 day non-residential retreat at Kuan Yin

Meditation Centre with Patrick Kearney. Patrick has over 30 years in meditation experience and teaches retreats throughout Australia. Patrick emphasises the importance of developing independence in practice throughout the dynamics of meditation and the theory that guides it. Contact:sonyanourse@hotmail.com

December: Sunday 5th - Morning of Mindfulness with Ellen Davison 9:00am – 1:15pm

This Morning of Mindfulness will include meditation instructions, sitting and walking meditation, a Dharma talk and interviews, followed by a shared lunch. Ellen emphasises the application of the teachings to everyday life. Contact: Sue on 0477 880 185

This schedule is subject to change without notice and as such bookings are recommended

Note: Registration forms for retreats will be available on the websites three months prior to retreats

KUAN YIN MEDITATION CENTRE

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