

MINDFULNESS IMMERSSED IN BODY



A retreat with Patrick Kearney & Kit Laughlin

In this retreat Patrick will explore the Buddha's teachings on mindfulness and liberation while Kit will lead two exercise periods daily, along with instruction on lying and walking meditation. These practices are designed to cultivate an intimacy with posture, especially the sitting posture. The retreat will explore themes such as mindfulness, the body and liberation. As the retreat matures, the emphasis will turn toward independent practice.

When: 20 — 29 April 2012

Where: Govinda Valley Retreat Centre,
Oxford NSW

Cost: \$890 for shared accommodation;
\$670 for camping.

Information & reservations:

Contact Di Evans at
dharmandogs@aapt.net.au.

Patrick Kearney teaches satipaṭṭhāna, the applications of mindfulness, in the lineage of Mahāsi Sayādaw. He applies the Buddha's teachings to our everyday life in the contemporary world.

Kit Laughlin is the creator of the Stretch Therapy and Strength & Flexibility exercise modalities. He is a long time meditation practitioner who brings to his practice a depth of knowledge of the human body rarely found in the specialised world of Buddhist meditation.