



SATURDAY SILENT RETREAT

RESTORE, RELAX, REJUVENATE

The Heart Insight Meditation group is delighted to advise that we'll be running full and half days of silent meditation on a monthly basis, starting **Saturday 6th April**.

The silent retreat days will be held in the beautiful meditation centre and grounds of the Brisbane Quaker Meeting House in Kelvin Grove. This will be a wonderful opportunity to deepen your practice with the support of other meditators, in a quiet, private and treed setting. The program will alternate between sitting and walking meditations, and will include lunch and tea breaks. The full day will be held in noble silence.

Please note that no formal guidance or instructions will be offered.

Time: Please arrive by 8:45am - noble silence will start at 9am. The day will end at 4pm or you can leave earlier if you prefer.

Dates: **6th April, 4th May, 1st June (till 1pm) and 6th July.**

Address: Quaker Meeting House, 10 Hampson Street, Kelvin Grove. There is some onsite and street parking available. Public transport options are nearby.

What to bring:

- whatever seating arrangement is comfortable for you (chairs are available)
- water bottle
- lunch / snacks
- a cash donation towards venue hire - we suggest between \$10 and \$20

If you have any questions, please email: heart.insight.group@gmail.com

We look forward to welcoming you!