



Silent Practice Day

Allow yourself a day of liberating silence.

Insight North-East is a meditation group based in Whitley Bay, set up to create a supportive environment in which members can practise mindfulness and develop insight.

We are organising a silent practice day, consisting of alternating periods of sitting and walking meditation. Anyone with experience of meditation in any tradition is welcome to join us.

A day of silence is a great way to learn and deepen your meditation practice. It can help to attune you to your external environment and start to notice what's going on internally. It can help you to slow down and practise being fully mindful in the present moment.

There is no charge, although you are welcome to contribute to the cost of the room hire. Please bring your own packed lunch.

10am–3pm on Sunday 17th November 2013

Seaton Sluice Community Centre, Albert Rd, Seaton Sluice NE26 4QX

Insight North East

For more information or to book a place
please email info@insightnortheast.com or
contact Walter on 07508 055643

<http://insightnortheast.com>