

Insight North East



INSIGHT MEDITATION day retreat: Awakening Wisdom, Peace and Joy

With Zohar Lavie

Sunday 14th May 2017

9.30am-5pm

**Main Hall, Seaton Sluice Community Centre,
Albert Road, Seaton Sluice NE26 4QX**



Also known as “Vipassana,” Insight Meditation is rooted in the 2600 year-old Buddhist tradition and has a deep and immediate relevance to our lives today. It is the ground from which the teaching and practice of Mindfulness has been drawn, and is open and accessible to people of any religious affiliation or none. Insight Meditation connects us with our capacity to be mindfully present in each moment, with a warm and open-

hearted attention to every experience. From this quality of being present, our heart and mind can awaken to a depth of peace and clarity, which liberates us from the power of craving, negativity and confusion.

The meditation practices of Insight and Metta (goodwill or loving kindness) are powerful transformative vehicles that connect us with our

potential to awaken to ever deepening levels of love and wisdom in life. We will explore our capacity to welcome each moment with a kind and spacious attention, to nourish a sense of wellbeing and joy, and to deepen our understanding of ourselves and all beings.

As we open to the way things are, we can relax more deeply into life, rediscovering the natural inner peace and freedom of our human hearts.

To find out more call 07508 055643 or email walter@whitleybay.plus.com



For more information or to
book a place please email
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<http://insightnortheast.com>

ZOHAR LAVIE has been practising meditation in different traditions since 1995. This journey has taken her from the meditation cushion into exploring further ways of expressing truth and love and in 2004 she co-founded SanghaSeva. She now spends most of her time facilitating retreats that offer service as a spiritual path around the world. Since 2006 she has been teaching on silent retreats and Dharma gatherings in India, Europe and Israel.

Cost: the retreat cost is £20. This charge is to cover the basic cost of organising the retreat including hiring the hall and the teachers travel expenses, but does not include any payment for the teaching. In the Insight Meditation tradition, dharma teachings are offered without charge and participants are invited to support the teacher in the spirit of generosity – know as “dana” in the tradition. At the end of the retreat, there will be an opportunity to practice Dana / Generosity to support the livelihood of the teacher. Places are limited so we encourage booking in advance.

Hot drinks will be provided. Please bring vegetarian finger food to share, for a communal lunch. Thank you.

“Happiness is available. Please help yourself”

~Thich Nhat Hanh