

# Insight North East



## **INSIGHT MEDITATION weekend retreat: The Mystery of Being Human**

**With Kirsten Kratz**

**9.30 am - 5 pm on Saturday 3<sup>rd</sup> &  
Sunday 4<sup>th</sup> February 2018**

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



**This non-residential weekend retreat will offer the chance to practice Insight Meditation together in silence.** 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.

Practice invites us to be present to our whole being, with its inner landscapes of interplaying sensations, emotions, and movements of mind. In meditation we discover that the beautiful and nourishing qualities of care, compassion, joy, and wisdom are found and known in the body. It is intimacy with this body/mind/heart that allows us to experience them deeply.

On our weekend together we will explore what it might mean to abide wholeheartedly in the beauty and challenges of our experience, to realize our connection with all things, and to know a more embodied life that can trust the potential and mystery of being human.

**To find out more call 07508 055643 or email [walter@whitleybay.plus.com](mailto:walter@whitleybay.plus.com)**



For more information or to  
book a place please email  
[walter@whitleybay.plus.com](mailto:walter@whitleybay.plus.com)  
or call 07508 055643

<http://insightnortheast.com>

**KIRSTEN KRATZ** has practised Buddhist meditation in Asia and the West since 1993. In 2006 she started to teach and since 2008 teaches group retreats in Gaia House where she also supports those on personal retreat. One of her particular passions is exploring how wisdom teachings can foster appropriate responses to the challenges of our time; she is co-initiator of the Dharma Action Network for Climate Engagement (DANCE)

Cost: the retreat cost is £40 for 2 days. This charge is to cover the basic cost of organising the retreat, including hiring the hall and the teacher's 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.

Please note that this is a weekend silent retreat with the learning and exploration developing over a two-day trajectory. We are therefore only inviting bookings from participants who are willing to attend both days.

Hot drinks will be provided. Please bring a packed lunch. Thank you.

**“Happiness is available. Please help yourself”**

**~Thich Nhat Hanh**

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