



Melbourne Insight Meditation Group

Every Monday night
at 7.15pm for 7.30pm sit

7pm Introduction for new members (please book in)

Venue: CERES Education Centre, CERES Environment Park,
enter from Lee Street, East Brunswick (map 2nd page)

We meet in the newly renovated Education Centre: enter via
the main gate in Lee Street, it's the 2nd building on your right

\$8 venue cover charge (includes tea!)

Any enquiries or to book in for a New Members Intro
please email suziebrown@iinet.net.au or call 0419 002 606

Some cushions provided or bring your own if you can or prefer

Each session will include:

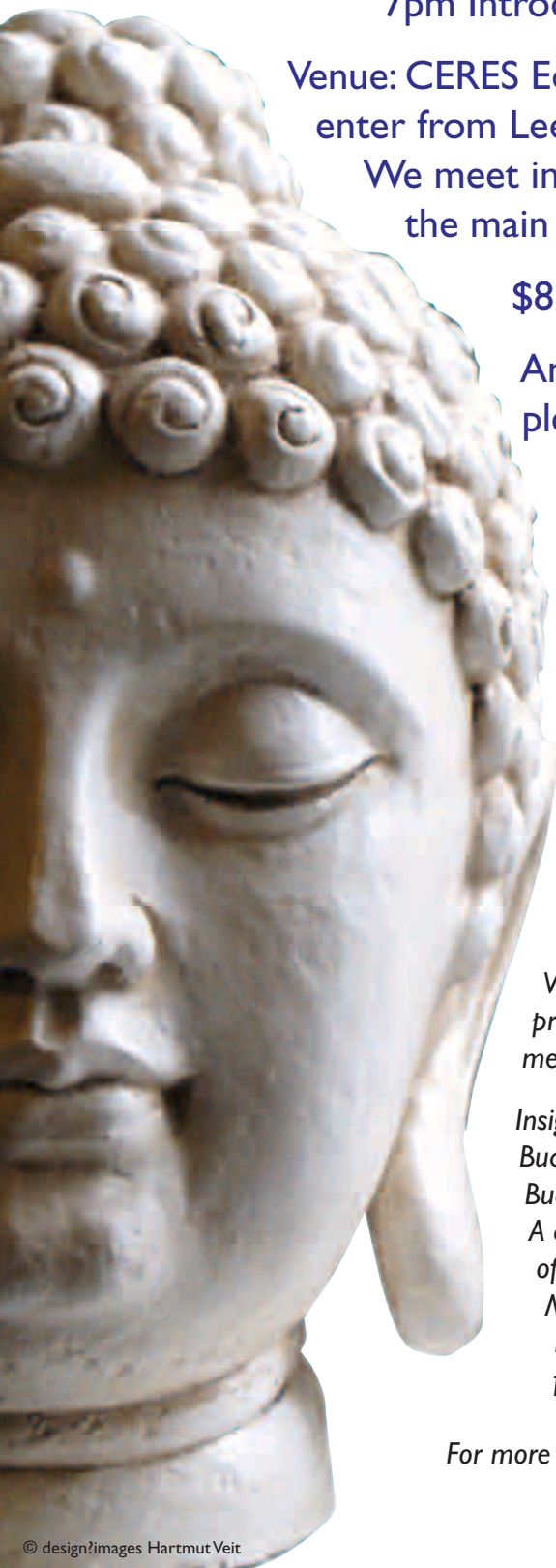
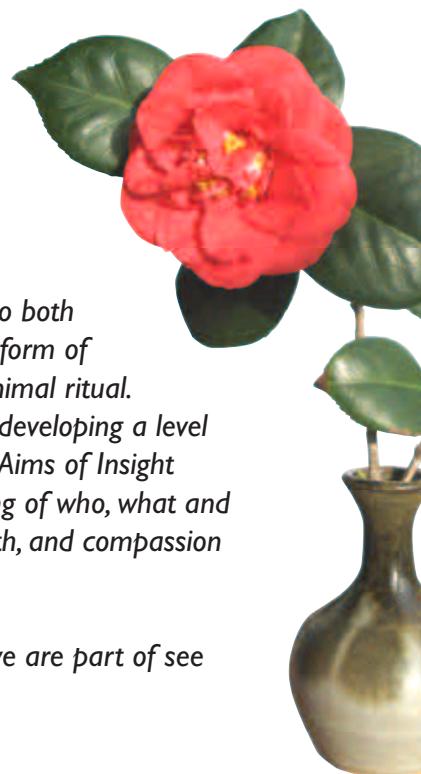
- *Sitting meditation*
- *Walking meditation*
- *Occasional dharma talks with guest teachers*
- *Recorded dharma talks or readings*
- *Group discussion/sharing*

Melbourne Insight Meditation Group is a community of meditators practicing in the tradition of Insight (Vipassana) meditation.

We aim to support each other and develop our practice. We welcome beginners or experienced meditators to join us.

Insight Meditation (also known as Vipassana) refers to both Buddhist meditation practices and a largely Western form of Buddhism, which is either free from ritual or has minimal ritual. A common thread is the focus on settling the mind, developing a level of clarity, and looking carefully at one's experience. Aims of Insight Meditation include coming to a deep understanding of who, what and how we are, and finding a sense of connection with, and compassion for, other living beings.

*For more information about the tradition and community we are part of see
www.dharma.org.au.*

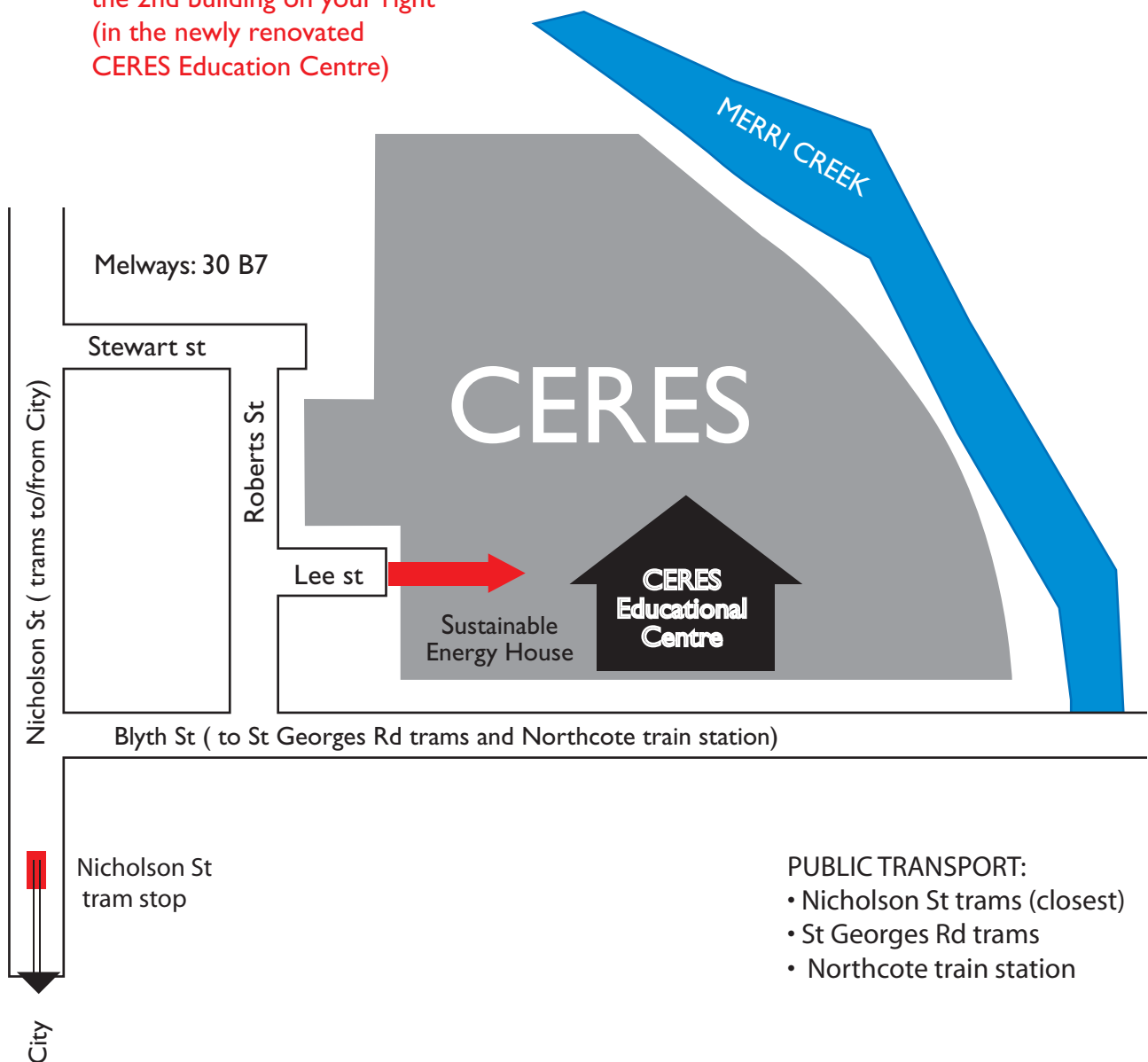


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Any enquiries call Suzie on 0419 002 606