

A Celebration of the Dharma and Women's Wisdom



Come and join a gentle exploration of women's inner lives. The day will offer guided and silent meditation, short dharma topic, inquiry and shared lunch. The meetings aim to evolve according to the needs of the participants.

Facilitator: Carol Perry

Carol is an Insight (Vipassana) Meditation teacher and regularly leads retreats, groups and a range of dharma activities. She has a mindfulness-based psychotherapy practice in Lismore NSW and Melbourne.

When: Usually 3rd Sunday of the month

Time: 9.30am—3.00pm

Where: Possum Creek Retreat.

Enter Possum Creek Road from Pacific Highway. After 3km, turn left just before bridge. Go 1km up road to round building on left.

Bring: cushion and lunch to share

Cost: \$5.00 and Dana

Contacts and booking:

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Booking is required