



## "Open Heart, Open Mind": 7-Day Silent Retreat with Carol Perry & Angela McGee

**Friday 13th October - Friday 20th October 2023, Kallara Conference Centre, Strathbogie Ranges**

This is the retreat that inspired the formation of Melbourne Insight Meditation.

**Carol Perry** has over 40 years of meditation experience and is a senior teacher with Melbourne Insight. She is a long time social and ecological activist with an extensive history in fostering harmonious community, conflict mediation and skilful communication. Carol is a Certified Hakomi Therapist

**Angela McGee** is a Dharma teacher in the tradition of Insight Meditation. She teaches regularly with Melbourne Insight Meditation Group and teaches retreats in Australia and Bali. Angela is keen to explore how the Dharma teachings can open our hearts, guide our day to day lives and deepen our connection to all of life. She is a psychotherapist in private practice in Melbourne and has also taught Yoga for 25 years in the tradition of Krishnamacharya.

This retreat includes: Sitting, walking and standing meditations, Optional yoga asana to assist in sitting, Private and group interviews, Questions and inquiry with teachers, Dharma talks, Instructions for meditation, Mindfulness work period, Free time

[Important Retreat Information to read before booking your place.](#)

### Venue

Kallara Conference Centre, Boho South, Strathbogie Ranges

### Cost & Booking

Shared Room: \$673 + [dana](#) for Carol & Angela's teaching - [Click here to book](#)

Single Room: \$973 + [dana](#) for Carol & Angela's teaching - [click here to book](#)

### Scholarship Places

There are 3 supported places in shared rooms available for people for whom the full price is a barrier to attendance. This may be students, young people or those facing a difficult financial circumstance. If this is you we really encourage you to apply. Please email Emma/Loretta on [insightretreats@hotmail.com](mailto:insightretreats@hotmail.com) for an application form.

### Enquiries

Loretta - [insightretreats@hotmail.com](mailto:insightretreats@hotmail.com)