

Anna Markey's Schedule 2023

Online Morning Meditations

A daily meditation practice can help us in these difficult times. It can be a grounding and friendly start to the day. We offer this silent, daily meditation practice via ZOOM. The session commences at 8.00am ADELAIDE time and finishes at 8.45 am. It includes a 5 minute talk lead by a facilitator, then after 30 minutes meditation, 5 minutes to journal or reflect and 5 minutes to share. If you wish to join these sessions, please contact Anna Markey at ammarkey@yahoo.com.au she will send the link and the guidelines. You may share this invitation with others. This group will recommence on March 1st 2023.

Retreats

For information bkirke@internode.on.net or ammarkey@yahoo.com.au

Autumn Meditation Retreat. Friday 14th April to Monday 17th April

Glenbarr Retreat Centre, Strathalbyn.

This retreat is for both beginners and experienced meditators. It is a silent retreat but will involve reflection groups and a discussion time. The retreat will emphasize a gentle reflective approach to meditation that supports an exploration of your inner world. Nutritious vegetarian meals will be provided.

Registration will open mid February. Check our website:

<http://coastandcitysangha.weebly.com/retreats-and-workshops.html>.

Longhauers Retreat 24-26 February

Nunyara Conference Centre, Belair.

This retreat is offered to those who have been in dharma support groups for over a year. It will provide ways for people to deepen and enrich their practise and to connect with and support others in our community.

Groups

Goolwa Dharma Group

Meets every second Monday 10.00am - 12.00

Pioneer Hall. Walker Pl. Middleton

Meditation, discussion and dharma talks.

Dharma Support Groups

Myponga Beach , The Periwinkles, The Turtles,

Online Groups. (Platform-Zoom)

1. Daily Morning Meditation (8.00am-8.45am)

Engaged Dharma Group

Meets on 1st Wednesday of each month on Steps of Parliament House, North Tce. at midday.

We spread out our "Meditate for the Earth" and "Climate Action Now" banners and meditate for 30 minutes, silently bearing witness to our ailing planet.