



Melbourne Insight Meditation Group

Every Monday night
at 7.15pm for 7.30pm sit

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 please email
melbourneinsightmeditation@gmail.com
or call 0419 002 606

Meditation cushions provided

Each session will include:

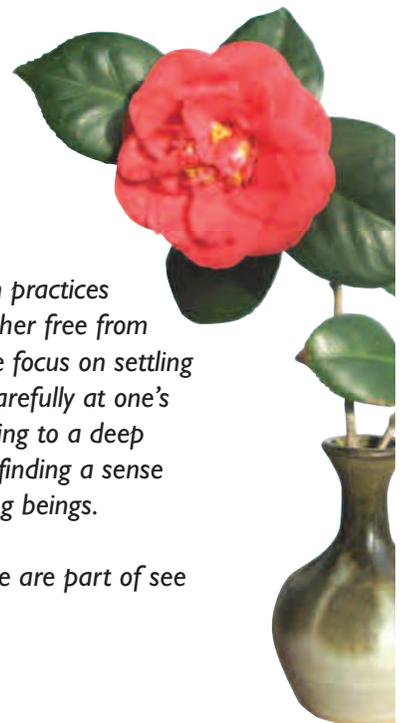
- Sitting meditation
- Walking meditation
- Occasional dharma talks with guest teachers
- Recorded dharma talks or readings
- Group discussion/sharing

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 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.



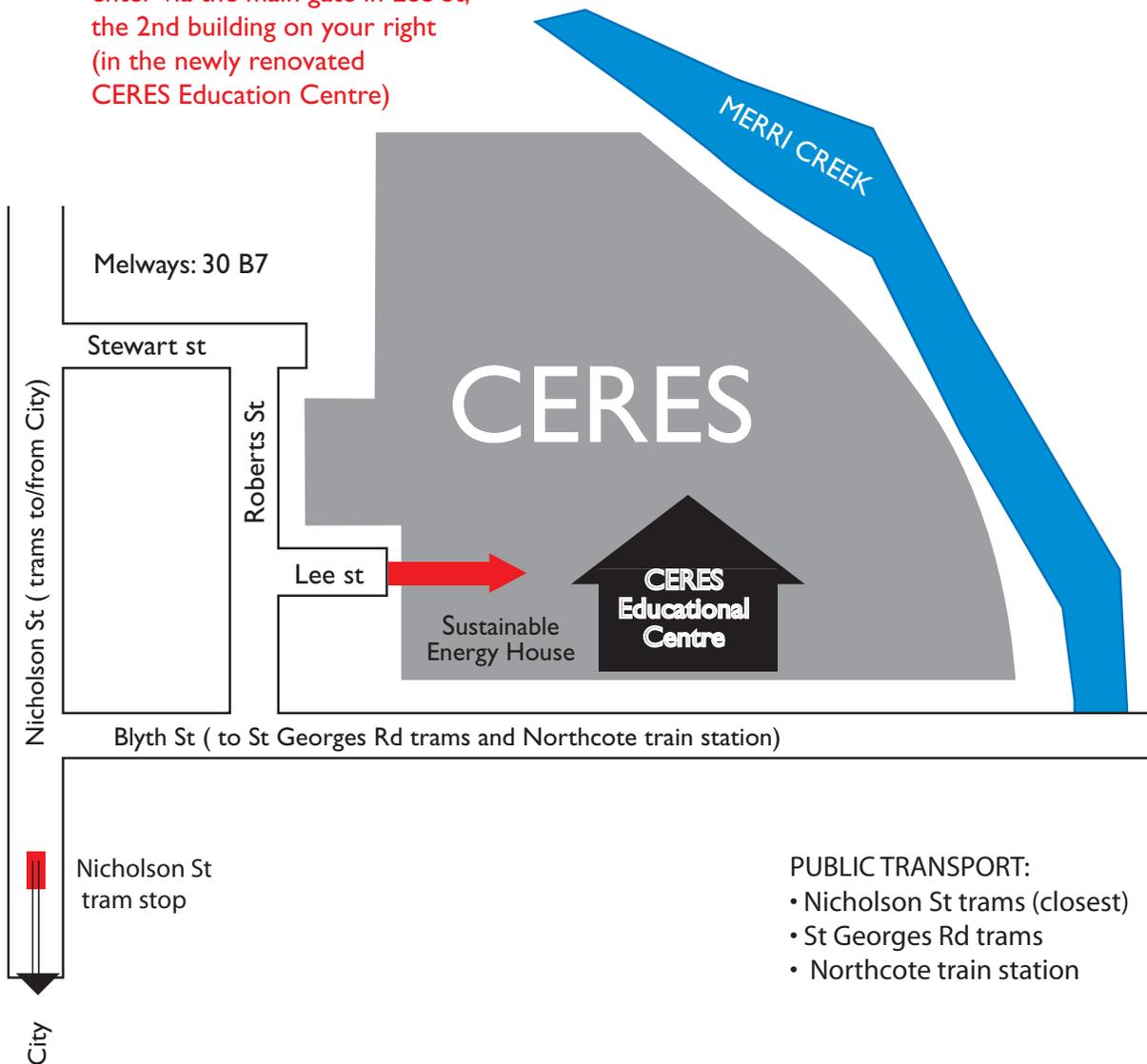


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PUBLIC TRANSPORT:

- Nicholson St trams (closest)
- St Georges Rd trams
- Northcote train station

Any enquiries call Suzie on 0419 002 606