



Befriending the Body

**A Buddhist Experiential Retreat for Women
15 — 20 September 2018, Wilton NSW**

Join with a group of women to gently, mindfully and appreciatively enquire into the teachings of the body.

How has our conditioning and wounding estranged us from our bodies? How can meditation practices allow us to heal this loss of immediacy and joy? In what ways can the body become our own best teacher, our seat of wisdom? What blocks this knowing, and what might release and deepen it?

Immersing mindfulness in the body allows for steadiness, tranquility and wellbeing. Such practices support our hearts to open with courage and self-compassion. We offer meditations in stillness, somatic and experiential practices, contemplative writing and enquiry.

This retreat is suitable for beginners and experienced meditators.

Teachers: Lizzie Turnbull & Joyce Kornblatt

LIZZIE is a long-time Buddhist practitioner and Insight meditation teacher. She is a somatic psychotherapist and trainer with the Australian Association of Buddhist Counsellors and Psychotherapists.

Website: www.lizturnbull.com.au

JOYCE has also practiced Buddhist meditation for decades, is a writer and Hakomi-trained psychotherapist. She is the founding teacher of Cloud Refuge Sangha, Blackheath, in the Blue Mountains.

Website: www.joycekornblatt.net

**"You only have to let the soft animal
of your body love what it loves."**

Mary Oliver



RETREAT:

We'll spend the retreat in silence. Each woman will have her own room. Delicious vegetarian food provided.

WHEN:

15 - 20 September 2018

VENUE:

Brahma Kumaris Centre
Wilton NSW

PAYMENT:

\$725 Basic

\$755 Benefactor rate (for those who can afford to subsidize concessions)

Concessions will be available.

CONTACT:

Lizzie Turnbull

retreats@lizturnbull.com.au

DANA: In keeping with the 2,500 year old tradition, the teachers are not paid for their dharma teaching. Dana is the practice of generosity through which we offer donations to the teachers as a sign of respect for the teachings. Retreatants will have the opportunity to practise dana during the retreat.

