

Insight Meditation Retreat

with vipassana (mindfulness) teacher

Heather Martin

JUNE 8-10, 2018



160 Sunset Dr. Fredericton, NB



NON-RESIDENTIAL

‘Finding true refuge in a Modern World

In a world where so much is changing so fast, where can we find a place for our hearts to rest?

From one perspective, Insight Meditation and mindfulness can be seen as rational techniques, with benefits confirmed by science. From another perspective our practice can inspire in us a sense of the sacred, devotion to something larger than ourselves, resting on faith and bringing blessing to ourselves and the world.

How do we hold, practice and benefit from both these orientations and explore what relating to a sense of the sacred might look like in a modern context?

Join us to explore timeless refuge and meaningfulness in today’s world, releasing the heart and mind from the endless

Friday 7:00-9:00 pm; Saturday 9:00-5:00; Sunday 9:00- 5:00

We will practice in the Greenhouse Studio by the beaver pond. Please bring a bag lunch on Saturday & Sunday and layered clothing including raincoat and boots ☺

Base Cost: \$20 Friday night only

\$140 Friday, Saturday & Sunday **plus** Dana (generosity donation) for Heather

Call 457-4747 or email info@iriscenter.ca to register