

# Insight North East

<https://insightnortheast.com>

## Getting Started with Insight Meditation

10 am – 4 pm  
Sunday 23<sup>rd</sup> June 2019  
Earsdon & Wellfield Community  
Association NE25 9JY

Insight Meditation is relatively simple and can be practised anywhere. It isn't necessary to be a Buddhist to benefit from it and it doesn't require any special beliefs or rituals.

This silent day retreat will offer participants the opportunity to learn about the Buddha's teachings on meditation, mindfulness and the path to a happier life. It will include practical approaches to cultivating peace and equanimity.



## Mindful Connections

10 am – 4 pm  
Sunday 15<sup>th</sup> September 2019  
Seaton Sluice Community  
Centre NE26 4QX

In Buddhist teaching, the spiritual path is one of community and friendship. The Buddha often spoke about the importance of our connections and relationships with other people. This day retreat will look at some of the relational aspects of the spiritual path, including:

- Cultivating kindness, friendliness and compassion;
- Practising forgiveness and gratitude;
- How we can bring mindfulness to our daily interactions with others.

Both retreat days are suitable for beginners as well as experienced meditators. There is no charge to attend, although there will be an opportunity to make a small donation to cover the cost of hiring the hall for the day.

Hot drinks will be provided. Please bring a packed lunch.

To find out more please email [walter@whitleybay.plus.com](mailto:walter@whitleybay.plus.com)