

Insight North East



INSIGHT MEDITATION day retreat: Practising Stillness in Deep Silence

**10 am - 4 pm on Sunday 12th
January 2020**

**Earsdon & Wellfield Community Association,
Church Way, Earsdon, Whitley Bay NE25 9JY**

This day retreat is for anyone with previous meditation experience. It will provide an opportunity for us to practise together in a community of deep silence. Together we will explore the value of stillness and collectedness in our journey towards a more awakened and meaningful life. Buddhist teachings on

ethics, development of the mind and cultivation of wisdom form the core of the awakening process. However, reading about liberation or listening to a talk cannot take us very far without practice. By taking the time and making the effort to practise together, we begin to undo our conditioning and reverse our tendency to create



suffering at the deepest level.

This one-day meditation retreat will include some teaching and guided meditation as well as an opportunity for participants to lead their own sustained meditation practice in silence. There will be space for sitting, walking and movement meditation throughout the day.

To find out more call 07508 055643 or email walter@whitleybay.plus.com



For more information or to book a place please email walter@whitleybay.plus.com or call 07508 055643

<http://insightnortheast.com>

<https://psychologyatthecoast.com>

ANNA BENDIJK studied Psychology, trained in individual and systemic therapy and worked in the NHS for 10 years as a Psychologist and Supervisor. Lately Anna has done research in health psychology; chronic illnesses like chronic pain and heart failure. She started working as a Mindfulness teacher (mindfulness at the coast), supervisor, and counsellor. As a mindfulness teacher, Anna's ability for patience, reflection and integrity has refined and softened. She likes to create a compassionate space for each person to be. People feel therefore they can benefit from her listening skills in a safe group or individual space when recovering, discovering and becoming the person whom they already are.

WALTER YOUNG has practised Buddhist meditation since 2008. He has studied Buddhist teachings and attended silent retreats in the UK, India and the USA. In 2014 he completed the Committed Dharma Practitioner Programme and in 2017 he was authorised to work as a Community Dharma Leader by the Gaia House Teachers' Council.

Cost: the retreat cost is £20 (£5 unwaged). This charge is to cover the basic cost of organising the retreat, including hiring the hall.

Places are limited so please book in advance by emailing walter@whitleybay.plus.com

There will be chairs and some blankets/cushions/mats available. You are welcome to bring your own.

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

This day retreat will be held mostly in silence. It is suitable for people with some meditation experience, including anyone who has attended one of our previous day or weekend events.

"Happiness is available. Please help yourself"

~Thich Nhat Hanh

To find out more call 07508 055643 or email walter@whitleybay.plus.com