

# Insight North East & Third Sunday Buddhists



**Boundless Heart – Precious Earth:  
Dharma practice in the ecological and  
climate emergency. With Yanai Postelnik**

**Saturday 19<sup>th</sup> September 2020  
9.30am-5pm**

**Main Hall, Seaton Sluice Community Centre,  
Albert Road, Seaton Sluice NE26 4QX**

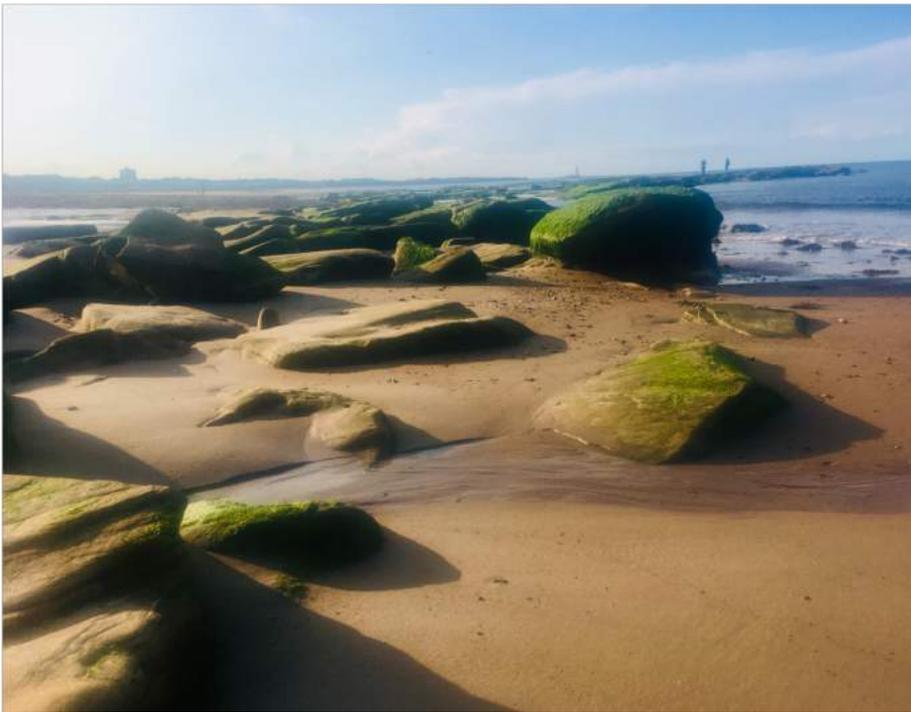


The Buddha's teachings and the practice of Insight Meditation offer a pathway for contemplating and transforming the causes of suffering, in both our heart and our world.

This retreat day will include both silent meditation, and some time for sharing together. We will explore what it means to keep our heart open in the face of climate destabilisation and ecological breakdown, and consider how meditation practice, mindfulness, and spiritual teachings can

support us to turn towards what is true and respond appropriately. We will draw on the noble heart qualities of loving kindness, compassion, joy and equanimity, as a framework for meeting the condition of our own lives, and in responding to the planetary crisis we face.

To find out more call 07508 055643 or email [walter@whitleybay.plus.com](mailto:walter@whitleybay.plus.com)



For more information or to book a place please email [walter@whitleybay.plus.com](mailto:walter@whitleybay.plus.com) or call 07508 055643

<http://insightnortheast.com>

**YANAI POSTELNIK** has practiced Insight Meditation and studied Buddhist teachings for most of his adult life. He has been teaching Insight Meditation retreats at Gaia House in Devon and around the world for over 25 years. In November 2018, Yanai joined the Extinction Rebellion (XR) climate and ecological activism movement. With XR he has been exploring non-violent civil disobedience as a natural expression of compassionate practice, including being arrested a number of times, and prosecuted for protesting peacefully. Yanai is a member of the Teacher Council of Gaia House and a Core Faculty member of Insight Meditation Society in Massachusetts, USA. Originally from New Zealand, he lives with his wife Catherine McGee in Ashburton, Devon.

Cost: the retreat cost is £20. This charge is to cover the basic cost of organising the retreat including hiring the hall and the teachers travel expenses, but does not include any payment for the teaching. In the Insight Meditation tradition, dharma teachings are offered without charge and participants are invited to support the teacher in the spirit of generosity – know as “dana” in the tradition. At the end of the retreat, there will be an opportunity to practice Dana / Generosity to support the livelihood of the teacher. Places are limited so we encourage booking in advance.

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

**“If the world is to be healed through human efforts, I am convinced it will be by ordinary people, people whose love for this life is even greater than their fear.”**

**- Joanna R. Macy**