

# Insight North East & Third Sunday Buddhists



**INSIGHT MEDITATION and WALKING day retreat:**  
an opportunity to cultivate mindfulness and explore our  
interconnectedness in the beauty of rural Northumberland

**With Yanai Postelnik**

**Sunday 20<sup>th</sup> September 2020**

**9.30am-5pm**

Starting from: **Blanchland Village Hall**  
Derwent View, Blanchland DH8 9UA



This meditative walking retreat will be a special opportunity to cultivate mindfulness and practice meditation, while exploring the beauty and wilderness of Blanchland Moor. Following in the tradition of the Buddha, we will support our hearts to deepen in wisdom and compassion, while walking together, sitting in meditation, and spending time in nature. We will be walking in a range of landscapes in the North Pennines

Area of Outstanding Natural Beauty. Blanchland Village Hall provides an ideal base, with a spacious heated hall for meditation, and toilets. Much of our time together will be spent in silence, and there will also be meditation instructions, Dharma teachings and opportunities to discuss meditation with the teacher.

**Yanai Postelnik** has been teaching the Buddha Dharma and Insight Meditation retreats internationally for

over 25 years. Originally from New Zealand, he lives with his wife in Ashburton, Devon. He has spent substantial periods walking in wilderness environments and has led walking retreats over many years, in the French Pyrenees and in the Negev desert in Israel, as well on Dartmoor in Devon. He is much inspired by the forest tradition of Thailand and the practise of 'tudong' - walking and meditating in the wilderness, undertaken in that tradition.

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



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<http://insightnortheast.com>

**Previous experience of insight meditation and silent retreats is recommended. Although full instructions will be offered for the sitting meditation and walking practice, the day will be oriented to participants who have some familiarity with meditation and silence. Please contact the organiser to discuss this if you are new to meditation.**

**The walking may be moderately challenging for some, and some degree of physical fitness will enhance your experience.**

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 – known 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.

**What you will need:** Meditation cushion or bench, mat and blanket or shawl, something easy to carry which you can sit on outside, and walking equipment suitable for varied terrain. Weather is variable and appropriate equipment for cold or wet conditions is required. Please bring your own hot drinks and water, as well as a packed lunch.

**“Everybody needs beauty as well as bread, places to play in and pray in, where nature may heal and give strength to body and soul”**

**John Muir**