

Hazy Moon Spring Sesshin



Saturday 24th – Friday 30th September 2022
@Rising Phoenix Retreat, Mullumbimby

You are invited to participate in a traditional Zen meditation retreat (sesshin). Our practice becomes one of Awakening as we let go of old habits of mind, of fear, anger, and confusion and settle into the wider and more spacious awareness of a clear mind and open heart.

The retreat consists of zazen (sitting meditation), walking meditation (kinhin), dharma talks, interviews with the teachers, chanting, mindfully attending to chores (samu) and vegetarian meals.

TEACHERS: Ellen Davison Roshi is a Zen teacher in the Diamond Sangha lineage and leads meditation groups in both the Zen and Insight traditions. Ellen is the guiding teacher for Kuan Yin Meditation Centre in Lismore. She is a registered psychologist and brings wisdom and joy to her teachings. She has led numerous retreats and dharma workshops within Australia.

Rachel Whiting is a long-term Zen practitioner with over 20 years Zen meditation experience. She is now a teacher in the Diamond Sangha and teaches at the Kuan Yin Meditation Centre in Lismore with Ellen.

VENUE: Rising Phoenix Retreat is 6 km from Mullumbimby (NE-NSW), situated in a beautiful forest setting, surrounded by mountains and cliffs. At this time of year, the weather here is usually warm with low humidity and low probability of rain.

FOR ENQUIRIES & REGISTRATION: Contact Colin by phone: 02 6689 1614 or email: nimbinensis@hotmail.com

COST: \$540 shared room or \$480 camping. Cost includes all meals (vegetarian) and accommodation. Teachers, in accordance with the Buddhist tradition, provide their teachings as a gift (dana) and rely on your return of that gift in the form of financial support to continue to offer the teachings.

INTERNET LINKS: <http://www.kuanyinmeditationcentre.org.au>; www.insightmeditationaustralia.org