

# *Hazy Moon Zen Sesshin (Retreat)*



**Friday 18<sup>th</sup> – Sunday 20<sup>th</sup> November 2022**  
**@Kuan Yin Meditation Centre, Lismore Heights**

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.

This three-day retreat, which is non-residential, consists of zazen (sitting meditation), walking meditation (kinhin), chanting, dharma talks and interviews with the teacher. A light meal will be served in the evening.

**TEACHER:** 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.

**VENUE & TIME:** The venue is Kuan Yin Meditation Centre in Lismore Heights (NE-NSW). At this time of year, the weather here is usually warm to hot and humid. We will start sitting each day at 9:00 am and conclude at 8:00 pm. Note: There are no accommodation arrangements included in this retreat.

**FOR INFORMATION, BOOKING AND COSTS:** Contact Colin by phone: 02 6689 1614 or email: [nimbinensis@hotmail.com](mailto:nimbinensis@hotmail.com)

**INTERNET LINKS:** <http://www.kuanyinmeditationcentre.org.au>;  
[www.insightmeditationaustralia.org](http://www.insightmeditationaustralia.org)