

The Heart of Understanding

**FOUR-DAY INSIGHT MEDITATION RETREAT
12 - 16TH SEPTEMBER 2018
WANGAPEKA STUDY AND RETREAT CENTRE**

with Jeremy Logan, assisted by Kanya Stewart

During this retreat we cultivate our capacity to be present to our immediate experience, deepening into natural wisdom. Learning to bring a non-judgmental attention to our lives creates a foundation for transformation and profound discovery. In this way, heartfulness and ease naturally emerge.

This retreat is suitable for both those new to meditation and those with experience. The programme will include sitting and walking meditation, evening talks, instruction and time for discussion.



JEREMY LOGAN has studied and practiced insight meditation for over 30 years and has been teaching retreats throughout New Zealand since 1993. He lives in the Wairarapa and works as a counsellor, supervisor and facilitator of change programmes.

KANYA STEWART is a Yoga and Meditation teacher living in New Plymouth, with 32 years of practice and teaching.

REGISTRATION COST:

Wangapeka Members \$350 Non-Members \$370 includes accommodation, vegetarian meals, and teacher travel costs. Final registration date Saturday 8th Sept.

Please consider becoming a Wangapeka member - www.wangapeka.org

TEACHERS DANA:

In keeping with the Buddhist tradition, the teachings are offered in the spirit of dana. Dana is a Pali word that means gift or koha. At the end of the retreat, participants will be given an opportunity to offer Jeremy and Kanya dana.

REGISTRATION AND INFORMATION: helenturinsky@gmail.com

TIMING: Wednesday 12th Sept. 6pm - Sunday 16th Sept. 1pm