

Blessings in disguise

*A daylong retreat led by
Landa van den Berg*

Sunday 6 September 2020 9.30am –5pm

Wellington Insight invites you for this opportunity to practise together as a sangha. The emphasis will be on our silent practice. During this time, no doubt we will be visited by the hindrances like restlessness or sleepiness. Are these just annoying, to be ignored or fought? Or can they also be blessings in disguise? We will explore how a skillful and gentle relationship with the hindrances can have a profound impact on our sense of presence and wellbeing, both in meditation and in daily life.

This day is for those with an established meditation practice

Sunday 6 September 2020

Location: Home of Compassion, Island Bay, Wellington

Costs: dana offering, noting this will also need to cover the room rent.

Please bring a contribution to a silent shared vegetarian lunch.

Coffee, tea and biscuits will be provided.

For registration and any questions, please contact Rutger at

welinsight.rutger@gmail.com



Landa van den Berg started her insight meditation practice in 2005. Since then she has attended many short and long retreats under guidance from a variety of teachers, primarily in the United States and New Zealand. She receives ongoing mentoring from Sharda Rogell and graduated from the Dedicated Practitioners Program in Spirit Rock. She currently participates in a teacher mentoring program led by James Baraz. She leads Wellington Insight since 2018 and in daily life she is training as a counsellor.