

# In the backdrop

*A daylong meditation retreat  
led by Landa van den Berg*

**Sunday 5 November 2023**  
**9.30am – 4.30pm**

**31 Hobson Crescent, Thorndon, Wellington**

**Wellington Insight Meditation** sangha invites you to come along  
to this daylong retreat.

Often, we are unaware of how our subtle mind states are influencing our present moment experience. Using our day of silence, we will practise with and reflect on how to skillfully become aware of moods and emotions that may be operating in the backdrop. Deepening our skills to more finely attune to all these expressions of mind and heart can become a great resource for finding more ease in our lives.

*This retreat is for those with a basis in meditation practice.*

Costs: \$25 towards costs + dana offering for the teacher (unwaged spaces available)  
Coffee, tea and biscuits will be provided.  
Please bring a contribution for a shared vegetarian lunch.

***For registration and any questions, please contact us  
at [welinsight.landa@gmail.com](mailto:welinsight.landa@gmail.com)***



***Landa van den Berg*** started her insight meditation practice in 2005. Since then, she has attended many short and long retreats. She receives ongoing mentoring from Sharda Rogell and graduated from the Dedicated Practitioners Program in Spirit Rock (USA). She has completed four years of Buddhist teacher training with James Baraz and has been leading Wellington Insight Meditation since 2018. Besides teaching Buddhist meditation Landa is a counsellor, specialising in somatic trauma therapy.

To learn more about our community and practice,  
please visit us on <https://wellingtoninsight.org.nz/>

