

# Insight Meditation intro course

*Offered by Wellington Insight Meditation  
and led by Landa van den Berg*

6 Mondays 7.30 – 9.00pm

First evening: 14 October 2024

(Labour Day off)

Final evening: 25 November 2024

31 Hobson Crescent, Thorndon, Wellington  
(+ some spaces for online attendance only)

Insight Meditation is one of the strands of the Buddhist tradition, and the origin of mindfulness as it is now taught in the West. During this course we will practise a variety of meditation skills that you can take with you into your daily life. We will also explore the ancient Buddhist teachings that underpin mindfulness. You will learn for yourself how these teachings can inspire your life.

Are you new to meditation? Have you learned mindfulness techniques and are curious about its Buddhist roots? Have you been practising for years but want to refresh your foundational skills and understanding? This course is designed for you.

Costs: \$60 towards room rent + dana (koha) offering for the teacher (unwaged spaces available).

The course will be offered in a hybrid format. A limited number of spaces is available for those out of town who can only attend online – please enquire.

You register for the entire course and the teachings will build upon each other. Attendance on the first night is therefore required. Missing one or two later classes should not be a problem as you will receive audio recordings afterwards.

***For registration and any questions, please contact Landa 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 has received years of mentoring from Sharda Rogell and graduated from the Dedicated Practitioners Program in Spirit Rock (USA) as well as a Buddhist teacher training with James Baraz. Landa 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/>

