

Soothing Silence

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

**Sunday 1 December 2024
9.30am – 4.30pm**

31 Hobson Crescent, Thorndon, Wellington

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

End of year busyness, a crazy world..... Coming together for a day of silent meditation practice is such a beautiful opportunity to be soothed by silence for a few hours. There will also be space to reflect on the Buddhist perspective on the importance of silence, its soothing effects, what tends to get in the way and what might be possible in our daily lives to more frequently drop into silence.

This retreat is for those with an established 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***



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/>

