

A soft and open heart

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

Sunday 23 November 2025
9.30am – 4.30pm

31 Hobson Crescent, Thorndon, Wellington

Wellington Insight Meditation hopes that you can come along to this daylong retreat.

How to stay balanced, open and caring in this crazy and unsettling world.....
Our day of meditation practice will be a chance to practise in sangha with the ancient and beautiful Buddhist teachings on equanimity. It will be a precious day of silence, with some teaching and meditation guidance for inspiration. I will be joined by my dear friend Lucy Schwabe who will offer a kind-full qi gong session during the day.

This retreat is for those who already have some meditation experience.

Costs: \$35 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/>

