



Insight Meditation Day Retreat “The Mystery of Being Human”

Led by Kirsten Kratz, Gaia House

Practice invites us to be present to our whole being, with its inner landscapes of interplaying sensations, emotions, and movements of mind. In meditation we discover that the beautiful and nourishing qualities of care, compassion, joy, and wisdom are found and known in the body. It is intimacy with this body/mind/heart that allows us to experience them deeply. During our day together we will explore what it might mean to abide wholeheartedly in the beauty and challenges of our experience, to realize our connection with all things, and to know a more embodied life that can trust the potential and mystery of being human.

Saturday 24 February

Friends Meeting House
12 Jesus Lane
Cambridge, CB5 8BA

10am-4.30pm
Registration from 9.30am

£15 (supporter)/ £12 (standard)
£7 (concessions)

Proceeds cover core costs
Dana (donations) for teacher
also welcome

Open to all - no experience needed

For further information see <https://cambridgedayretreats.wordpress.com/>