

MEDITATION



Insight Meditation Day Retreat “Your Body, Buddha’s Body”

Led by Catherine McGee, Gaia House

What perceptions of your body do you focus on? Do they lead to or away from wisdom and kindness and meaningful participation in life?

Day retreats offer a chance to practise meditation and mindfulness in a supportive environment. They include alternate periods of sitting and walking meditation, with guidance from the teacher.

Saturday 21 April

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/>