

One Bright Moon

Women's Silent Meditation Retreat

16 – 21 October 2024



At Dorje Ling, Lorinna Tasmania

A time to gather and rest deeply in the ground of wellbeing. A time to enter the luminous heart and velvety dark of the sacred feminine – the primordial wisdom flowing through every cell and spark of our being. Let's recognize and take up our natural birthright. Let's feel into what makes us whole, true and alive, and let's wake up, together.

We'll be nourished in the quiet of meditation, and unwind and release through breathing and moving in somatic and subtle body practices. Dharma inquiry and exploration will sharpen and clarify our wise attention.

The wild beauty of Dorje Ling Retreat Centre in the Lorinna Valley, Tasmania is a balm in itself. There'll be time for bushwalking, swimming and sitting by the fire under the full moon.

Place: Dorje Ling is located in the valley of Lorinna, Tasmania. Details can be found here <https://www.tashicholing.net/dorje-ling-retreat-centre/>

Teacher: Lizzie Turnbull has been practising in the Buddha Dharma since 1985, first taking refuge with Zasep Tulku Rinpoche and then later finding her way to Zen and Insight Meditation (Vipassana). Since 2010 she has taught in the Insight tradition and guides the Flowing Mountain meditation group in Brunswick Heads. For many years she has explored the fertile meeting ground between Buddhist practice and psychotherapy and is particularly interested in how embodiment practices support wellbeing and awakening. <http://www.lizturnbull.com.au>

Arrival and departure times: Arrive by 5pm for a light evening meal on Wednesday October 16 and Depart after lunch Monday October 21.

Cost: **\$760 full fee** **\$610 Concession**

Dana (generosity): Teachers give generously of their time and energy before and during retreats. They receive no payment for this and are supported by donations from those attending retreats. At the end of the retreat you are invited to practice generosity and any donations will be gratefully received. Dana supports the continuation of the teachings.

Making a Booking:

To make a booking please refer to the website