



SATURDAY SILENT RETREAT

RESTORE, RELAX, REJUVENATE

The Heart Insight Meditation group is delighted to advise that we are running full days of silent meditation on the first Saturday of each month (except January).

The silent retreat days are held in the beautiful meditation centre and grounds of the Brisbane Quaker Meeting House in Kelvin Grove. This is a wonderful opportunity to deepen your practice with the support of other meditators, in a quiet, private and treed setting. The program alternates between sitting and walking meditations, and includes lunch and tea breaks. The day is held in noble silence.

Please note that no formal guidance or instructions are offered.

Time: Please arrive by 8:45am - noble silence will start at 9am. The day will end at 4pm or you can leave earlier if you prefer.

Dates: the first Saturday each month. See the Heart Insight [website calendar](#) for dates.

Address: Quaker Meeting House, 10 Hampson Street, Kelvin Grove. There is some onsite and street parking available. Public transport options are nearby.

What to bring:

- whatever seating arrangement is comfortable for you (chairs are available)
- water bottle
- lunch / snacks
- a cash donation towards venue hire - we suggest between \$10 and \$20

If you have any questions, please email: heart.insight.group@gmail.com

We look forward to welcoming you!