

Intimacy & Inquiry

A Day of Meditation

Saturday November 4, 2017
10:00 - 5:30

RIVERSOUND RETREAT
Fergus, Ontario



SISTER OCEAN is a Buddhist nun ordained in the Plum Village tradition. Originally from Ontario, Canada, she received novice ordination in 2012 and full ordination in 2016. For the past 2.5 years she has been living at Blue Cliff Monastery in upstate New York. She is a musician and a poet, and has been writing the Mindful Living series for Buddhist Door Global since 2013. She is also a core member of a new Sangha in the Plum Village tradition - ARISE: Awakening through Race, Intersectionality, and Social Equity.

JILL DAVEY

has been teaching Hatha Yoga and Meditation since 2003. She is the founder and teacher at Insight Meditation Fergus and RiverSound Retreat in Fergus, Ontario. She has been devoted to studying and practicing Vipassana Meditation since her first retreat in 2008. She is an experienced teacher and has been mentored by Molly Swan and Norman Feldman to lead residential retreats.

A DAYLONG INSIGHT MEDITATION RETREAT

This day of mindfulness practice will be held in silence and is designed for both beginners and those with more meditation experience.

Your practice will be supported with instructions, guided and silent meditation, alternating periods of sitting and walking meditation, dharma talks, and mindful eating.

This retreat will cultivate the quality of investigation and deepening our capacity to be intimate with the present moment as it is.

Dress appropriately for some periods of walking meditation outside. Bring your own vegetarian lunch, dishes, cutlery, mugs provided.

RiverSound Retreat is a beautiful heated yurt in a forested setting along the Grand River.

Pre-registration \$25.00 + hst covers studio, travel and administrative costs.

The teachers will be accepting Dana (donations) at the end of the retreat to support the continuation of the teachings.

For more information or to register contact:

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www.riversoundretreat.com