

Insight Dialogue Daylong Workshop

9:30 – 4:30pm Saturday 23 Feb 2019
Bodhi Chan Meditation Centre
223 Dennis Road, Springwood QLD 4127

About Insight Dialogue

Insight Dialogue is an interpersonal meditation practice that brings the mindfulness and tranquility of silent meditation into our experience with others. Resting on the foundation of traditional Buddhist teachings, this offers a way to integrate wisdom and compassion into our relational lives through mindful speaking and mindful listening.

In this workshop, we will use the power of relational meditation practice to understand the habits of heart and mind that lead to stress and distress, and how to free ourselves so we can live together with greater ease and happiness. Working in pairs, we will explore the guidelines of Insight Dialogue and classical Buddhist teachings on Wise Speech.

For more information about Insight Dialogue, please see <https://metta.org/insight-dialogue-3/>

About the Day

This workshop is best suited to people with an established meditation practice, but previous Insight Dialogue experience is not required. ***Because the Insight Dialogue guidelines will be taught in sequence and much of the meditation is done in pairs, please plan to arrive on time and stay for the entire day.***

Registration is essential at: <https://insightdialoguebrisbanewithjillshepherd.eventbrite.com>

Cost: \$50 registration fee + dana/donation to the teacher on the day

Food: Please bring your own lunch to enjoy. Tea will be supplied.

Equipment: Some chairs and cushions will be available, but please bring your own meditation cushion or bench if you prefer, and a shawl or blanket.

Questions: Lulu Cook at lulucook@icloud.com or 0429043564 for info or concession pricing.

This event is brought to you by [Dharma Brisbane](#).



About Jill Shepherd

Jill Shepherd began practicing insight meditation in Thailand in 1999. She is a graduate of the IMS / Spirit Rock teacher training program under the guidance of Joseph Goldstein and Gil Fronsdal. Currently, Jill divides her time between the USA, Australia and New Zealand, teaching retreats and offering ongoing study and practice groups focused on bringing the dharma into daily life. She also leads courses and workshops exploring Insight Dialogue, as developed by Gregory Kramer and colleagues.

Jill is an independent meditation teacher and is not financially supported by any meditation centre or organisation. She relies entirely on dana for her livelihood.