



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 at the Brisbane Bridge Centre located in the Yeronga Memorial Park while the Quaker Meeting House is being redeveloped. This is a wonderful opportunity to deepen your practice with the support of other meditators, in a quiet and private 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: The Brisbane Bridge Centre is located in the Yeronga Memorial Park, enter via Frederick Street. [See Google maps](#). Onsite parking is available. Public transport options: Yeronga Station is approx. 1 km away. For buses, stop 26 Ipswich Rd at Yeronga Park.

What to bring:

- whatever seating arrangement is comfortable for you (chairs are available)
- water bottle
- lunch / snacks
- a donation towards venue hire - we suggest \$20 – either as cash on the day or by bank transfer.

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

We look forward to welcoming you!