

Treat yourself to a meditation weekend retreat without having to go away, and have food provided.

A Deeply Nourishing Urban Retreat

Over three days you will have the opportunity to meditate in a lovely home and garden setting—an urban oasis.

Meditating over an extended period of time allows a natural process of deepening, clearing and purifying. Our whole 'system' is refreshed and deeply nourished. We are left feeling more connected, closer to our experience, more present and open to both ourselves and others.

The retreat is designed to support the arising of our natural inherent qualities, such as, love, clarity, strength and ease. Participants can expect to:

- ~ experience a range of meditations
- ~ use an inquiry process to deepen their understanding and awareness
- ~ experience movement meditations
- ~ have time for group discussion and questions

Session Times

Friday 27 August 7 pm to 9 pm

Saturday 28 August 9 am to 5 pm

Sunday 29 August 9 am to 1 pm

George & Jenny Packard have worked for many years as educators and meditation teachers. For over 30 years they have helped people live happier and more fulfilled lives. They draw on teachings from both Eastern and Western traditions that support and promote each person's unique unfolding. They are Master Practitioners of the Awakening Network and students of the Diamond Approach, and are teaching members of the Meditation Association of Australia.

Retreat leaders

Jenny & George Packard



27 – 29 August 2021

69 Raroa Road, Kelburn
Wellington

Cost: \$280

A maximum of 14 places are available on the retreat.

The fee includes morning and afternoon teas, and lunch on Saturday. We suggest you wear loose comfortable clothing.

If you would like to attend this retreat or would like to know more about it, email George gpackard626@gmail.com or phone (04) 934 8629 or visit our website www.wellbeings.co.nz

Wellbeings nz

