

Mindfulness & Insight: a meditation course

with Lynne Bousfield



Thursdays: 26 April and 3, 10, 17 May 2012

6.30 – 8.00 pm (new students please attend all sessions)

Vipassana (Insight) meditation is the development of understanding or “insight” through the cultivation of mindfulness. The understanding we develop equips us to help ourselves with our lives, to find happiness by knowing where to look. Mindfulness transforms confusion and painful emotions into mental stillness, composure and clarity. It trains capacities like resilience, self-reliance and discernment so as to understand and respond to life with greater meaning and potential.

The course is suitable for those with previous experience in meditation as well as new students. Sessions include periods of instruction and individual guidance as well as silent meditation practice and opportunity for discussion and questions. The course is structured such that each session builds on the understanding of the previous week.

Venue: Black Lotus Yoga Studio, 1st fl 2 Gladstone St (cnr Wilford), Enmore Please remove your shoes at the bottom of the stairs on the way up to the first floor studio.

Please bring your own mat/cushion/stool – there are limited chairs.

Course cost: \$100

Enquiries/registration/payment options: 0408 426732 or Bousfieldl@ozemail.com.au

An optional Practice Day of practise/guidance/discussion will be held on Saturday May 26 (12pm – 5.30pm). This is not covered by the course cost and is offered on Dana.

Dana: Traditionally the teachings of the Buddha have been offered and supported by the practice of Dana. Dana means generosity, the extending of one’s goodwill. Dana to a teacher is a subtle and sophisticated approach to the teacher/student exchange – as such, an appropriate Dana cannot be prescribed but requires sensitivity to its intent and awareness of how the responsibility for costs and expenses associated with the teachings is met (for example, that venue costs and the livelihood of the teacher are borne collectively by the participating students).

About Lynne Bousfield: In 1975 Lynne began practising Insight meditation in BodhGaya, India and continued her study in Burma, when it became possible to undertake long-term practice there in 1980. She returns to Burma regularly for intensive practice and to develop her understanding of meditation. She helped establish Vipassana meditation in Australia in the early 1980’s and was co-founder of the Blue Mountains Insight Meditation Centre (BMIMC). She teaches meditation retreats and courses regularly in Australia and overseas.

Lynne began working as a clinical psychologist in Sydney in 1992 and has developed a unique and special combination of skills from her meditation and clinical training. Her meditation understanding has allowed her to teach clients to apply mindfulness to loosen the grip of distressing emotions and thereby transform daily suffering into a happier, engaged life. Lynne has regularly presented on mindfulness and clinical work at national and international conferences and is also currently teaching faculty and students at a university in Singapore.