

LOVING NATURE: THE HEART OF MEDITATION

WITH PASHA LYNDI

❁ Earth-based meditations on Love, Joy, Compassion and Balance ❁

Falling in love with the sound of the ocean waves. Surrendering our cares, and being held by the good earth. How the soft touch of the paperbark opens our heart. Letting the compassion of the water soothe our pain. Remembering the kindness and care of our elders and loved ones.

When we connect lovingly to the nature outside us, and the nature inside us, we feel well and happy, safe and supported.

Care is innate to human beings, and by remembering our connection to earth and community, we develop both insight and limitless love, joy, compassion and balance. Indigenous cultures and insight traditions have been practising this for thousands of years.

What a wonderful opportunity to come together for a weekend to practise this!

Together we'll explore:

- earth-based ways to love our nature
- cultivating love, joy, compassion and equanimity
- awareness of the body, senses, thoughts, feelings and emotions
- moving meditation and mindful walking
- listening deeply, nature connection

Pasha Lyndi is a nature lover and meditation teacher within the insight tradition. Her main practice is “listening deeply,” listening to the nature outside of us and the nature inside, akin to ‘open awareness’.



Having trained in both secular and traditional mindfulness, she is qualified to teach many forms of meditation (BSY), including nature connection, qi gong and self-compassion (MSC). She teaches mindfulness and compassion full time, in organisations, schools, healthcare and adult classes and regularly instructs at Heart Insight in Brisbane.

Her main teachers have come from Tibetan, Burmese, Aboriginal and Celtic traditions.

She loves learning about indigenous culture in this land called Australia and pays respect to elders past, present and future, as well as her Irish ancestors and mentors, brothers and sisters within other traditions.

She is delighted to be invited back to Rockhampton for this retreat on traditional Darumbal land.

This workshop is for both new and experienced meditators

When: Sat 2 Oct 2021 and Sun 3 Oct 2021 9 am – 5 pm both days



Women's Health Centre, 225 Bolsover St, Rockhampton (entrance opposite VibeFitness)

\$100 (\$80 concession), payment by cash on the first morning

Lunch and tea/coffee are provided

This covers basic pay for the teacher. Further donations or dana to Pasha are very welcome.

To book please contact Sama on 0478 630 888 or Irena on 0417 259 669

or email: bmsmetta@gmail.com with your contact details by Thursday 22nd Sept

Chairs are provided at the centre, but please BYO cushion & a folding chair/mat for outside meditation.

Please book early as places are limited due to COVID.