

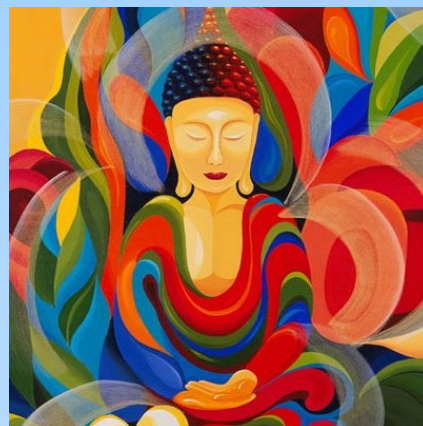
Samadhi and Insight

a weekend workshop on the meanings and cultivation of samadhi in meditation and ways that samadhi states can be used for insight

Saturday 16th and Sunday 17th July 2022

9:00 am to 5:00 pm

with Victor von der Heyde



In this workshop we'll be exploring different samadhi practices and seeing how they can help with insight. The view of samadhi we're taking is one where samadhi doesn't need to have a sharp one-pointed focus, it doesn't need to be seen as "concentration": it can be broader, nourishing, and much more accessible to people. There'll be short talks, guided, partially guided and silent meditations, time for discussion, time to talk about what practices worked and what didn't. And some talk about the deeper insights or understandings and how they can be helpful.

Samadhi is one element in the Buddha's Eightfold Path, but it often gets less attention than mindfulness. In this workshop we'll aim to address the imbalance.

The workshop is suitable for new and experienced meditators but there's some advantage if you already have a familiarity with mindfulness practices.

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

Cost: \$100 (\$80 concession), payment by cash on the first morning. This covers costs and a basic payment to the teacher. Donations or dana to the teacher are very welcome.

Lunch, tea & coffee provided, chairs at the Centre can be used, but please feel free to bring your own cushion, folding chair and/or mat.

Bookings and further information: Please email [rockhamptoninsightmeditation \[at\] gmail.com](mailto:rockhamptoninsightmeditation@gmail.com) or text 0478 630 888 giving your name and contact details by Thursday 14th July.



Victor von der Heyde spent over two years in total in silent retreats and has taken dharma teaching roles since the late 1990s. He studied with a wide variety of Buddhist teachers, mainly in the Insight Meditation tradition but also Zen, Tibetan and non-aligned teachers. He was co-founder of Sydney Insight Meditators and of the Bodhgaya Development Association. He also trained in Gestalt Therapy and worked for years as a counsellor. Victor writes: These days my passions in teaching include ethics, exploring the various responses to climate breakdown and the ways that we get often stuck with particular meditation practices and understandings that limit our progress. My intention is to open up freeing and soulful possibilities for people.