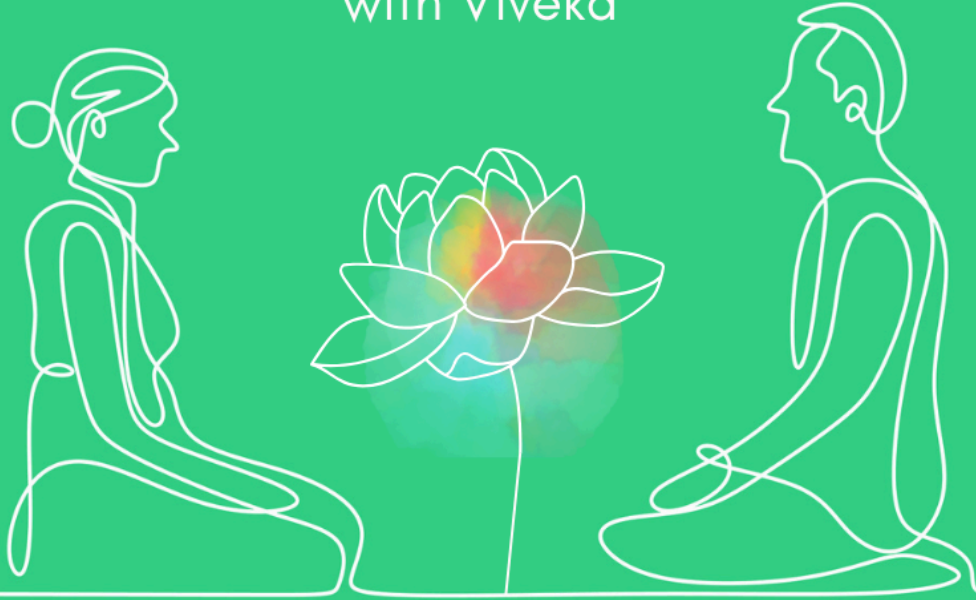


INSIGHT DIALOGUE DAYLONG

with Viveka



Sunday March 9 / 9am-5pm @ BODHI HOUSE, Moncton NB

DESCRIPTION

Whether you are a newcomer or experienced, you are welcome to join us for a day of Insight Dialogue: an interpersonal meditation practice. During this daylong you will learn the foundations necessary for this practice that brings together three basic elements: mindfulness, wisdom, and human relationality in order to foster understanding, compassion and inner freedom.

RETREAT SCHEDULE

- 9-12am morning session
- 12:00 mindful potluck (see details below)

- 1-5pm afternoon session

MAX PARTICIPANTS: 10

COST: Donation based

There is a donation box on site for in-person offerings.

For e-transfers go to our homepage, scroll down and click on the ***how to donate*** button:

maisonbodhi.org

POTLUCK: Bring a little something to eat / vegetarian or vegan is welcomed / one participant is lactose and gluten intolerant (non-dairy / non-wheat) / dishes, utensils and cups provided / oven and microwave are available

ADDRESS:

BODHI HOUSE

54 Garfield Street (near the Moncton Hospital)

Moncton, NB

E1C 3Y9

PARKING: Available on the street (read signs mindfully)

FOR MORE INFORMATION:

contact@maisonbodhi.org

To learn more about Insight Dialogue practice: <https://insightdialogue.org/>
