



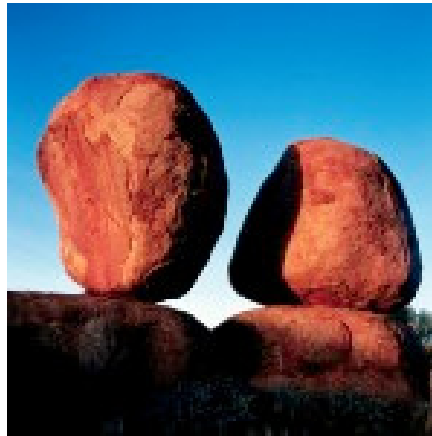
Augustine Centre



Contemplative retreat

Friday 3rd—Sunday 5th July

at Cloudmountain Retreat, Dunkeld



The Augustine Contemplation programme, 'The Way of No Way', is offering an opportunity for people to participate in a silent retreat, with extended periods of meditative practice. This retreat is suitable for beginners, and instruction and support will be provided throughout the weekend. It is also an opportunity for experienced meditators to strengthen and deepen their practice.

The weekend will include encouraging talks, interviews with the teacher, outdoor walking meditation and healthy vegetarian food.

Paul Sanders is a contemplative teacher, senior Zen student and experienced retreat facilitator. He is the director of the Augustine Centre, Hawthorn, and divides his time between Dunkeld and Melbourne.

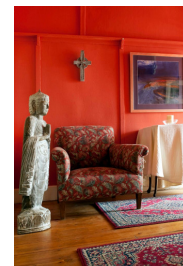
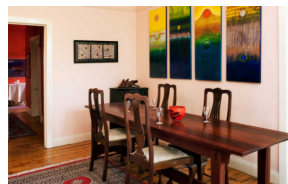
Cost: \$140, \$90 concession. Shared accommodation.

Day attendance only: \$60

Book through the Augustine Centre on (03) 9819 2844.

Or contact Paul on 5577 2354, 0407 833 515

If payment of full fee would cause difficulty, please contact Paul



www.augustine.org.au