

Reflective meditation retreat

with Jenny Taylor

Murrah Dream retreat centre

(16km south of Bermagui)

6pm Friday 13 February to

2pm Wednesday 18 February 2026



Reflective meditation is based on Buddhist teachings that emphasise learning from experience, curiosity and gentleness.

It will suit people who are new to meditation, as well as those who have practiced meditation in any form.

Each day there will be an orientation to meditation practice, and an opportunity to check in about your experience. There will be a dharma discussion each afternoon, taking up aspects of four dimensions of love - friendliness, care, joy and equanimity – asking how these support appropriate responses to personal suffering and to the suffering we witness in the world.

Apart from during discussion groups, the retreat will be held in ‘noble silence’.

Schedule: The schedule offers ample time for rest, walking and being outside.

Attending 5 days is ideal, but you can attend for part of the retreat only. Booking preference will be given to those staying for 5 days.

Bookings and inquiries: Retreat manager, Mary McLean

bvmeditation@gmail.com 0428 698 150

Bookings are now open. Your place in the retreat is definite once your full or half payment is received. Full payment is required by Friday January 23, to access the early bird discount.

Schedule and information about the retreat will be sent on registration, or on request.

If you are new to this form of meditation, or have questions, you are welcome to email Jenny to make a time to talk on the phone before the retreat. jennifer.taylor0871@gmail.com

Retreat fee:

5-day retreat \$680, or \$650 with early bird discount.

Accommodation at the venue is twin share. If you need a single room, it costs an additional \$100.

If you are camping or staying in a camper van, deduct \$100.

There are some scholarships available in case of need – please contact Mary to discuss.

Please allow for dana/donation for the teacher.

Dana: The retreat fee covers accommodation, food and administrative costs only.

In keeping with Buddhist tradition, teachers offer their teaching and guidance as a gift and rely on your generosity to continue their work.

At the end of the retreat you will be invited to offer dana to support Jenny.

A guide for those wondering how much to give: \$50 – 150/day. Please know that any amount is very welcome.

Teacher: Jenny Taylor has taught Buddhist meditation for over 30 years. She encourages an exploratory, open approach to meditation. She aims to help people develop forms of practice that are relevant to their lives, and support them to engage fully in the wider world.

Jenny is a visual artist who lives and works in Mparntwe/Alice Springs.

