



In these troubled times, lets cultivate

## **THE SANITY OF LOVE**

### **AN INSIGHT MEDITATION RETREAT**

**WITH LESLEY LEBKOWICZ**

**6pm Friday 17th April, to Noon  
Wednesday 22nd April 2026**

**Kamalashila Tibetan Buddhist Centre  
9000 Princes Hwy, Tilba Tilba**

The retreat will be a relaxed opportunity to practice both the cultivation of unconditional love, Metta, and to develop the skills in awareness and acceptance of our experience which are fundamental to Vipassana.

The retreat is suitable for new and more experienced meditators.

Lesley has trained with Burmese masters and accomplished Western teachers for over 40 years and has been teaching for about 30 years.

Wholesome vegetarian meals will be served. Accommodation is in single caravans, double bedrooms or dormitories for 3. There are several campsites for anyone who would like to bring a tent or van. and includes a discount of \$100  
There will be daily gentle morning yoga class offered by Mary.

Bookings taken at any time but confirmation of a place {12-15 places allotted} is only definite on **receipt of full payment by Friday 27th March**

**COST: Single caravan \$750**

**Double or triple dormitory \$650**

**Camping or Van \$550**

Please allow extra for dana/donation for the teacher.

**Bookings: Phone Mary McLean 0428 698 150 after hours or email  
[maryclaire.mclean@gmail.com](mailto:maryclaire.mclean@gmail.com)**

