

# A Slow Day of Silence and Presence

This is a practice of gentle guided movement and yoga followed by sessions of seated mindfulness meditation

With Mary McLean

**9.00am - 4pm Sunday June 28th, 2026**

**Tanja Hall**

Being Here Now is a recognition of a simple reality which is always here, but often overwhelmed by much doing and thinking. We begin to observe thoughts, movement and feelings as they arise and pass away, which allows us to open to a more present way of existing in the world.

Guidance will be given by Mary both in the movement sessions which precede each of the guided sits and during the meditation.

The day is suitable for people who want to learn to meditate and those who already have practiced meditation in any tradition. It is compatible with awareness practices such as Vipassana/ Mindfulness meditation

**This retreat is by donation, so that everyone can come.**

However, the administration costs will be \$30 pp, so if you are able to give that amount that would be appreciated

**This does not include any fee for Mary: you are invited to offer a donation/dana at the end of the day**

Enquiries and Bookings: [maryclaire.mclean@gmail.com](mailto:maryclaire.mclean@gmail.com)  
Participants are asked to bring a plate to share for lunch as well as any meditation cushions, kneelers and yoga mat. Chairs for sitting are available {Hot drinks provided}

Mary has been a practising Buddhist meditator in the Mahasi lineage of Insight Meditation with Asian and Western teachers and has done retreats in India, Burma, Nepal and Australia since 1981.

She has been teaching yoga for over 20 years and has developed a technique of Mindfulness Yoga which develops mind and body awareness to assist and allow for greater ease in seated meditation while also supporting mindfulness. Mary has been a practising Homeopath and Yoga teacher in the Bega Valley for the last 25 years.

