

Insight Meditation Retreat

With
Mary McLean and Heather Boyer

Murrah Dream Retreat Centre

6pm Friday November 20th to
Noon Wednesday November 25th 2026

This retreat will be a relaxed opportunity to practice awareness of the body and mind, both through sitting, gentle movement and daily activities. This is combined with Metta or Loving Kindness for oneself and others.
Insight meditation is based on Buddhist teachings that emphasise learning from and an acceptance of our experiences.

The retreat is suitable for new and more experienced meditators. Both Mary and Heather bring the practice of Yoga to the retreat, through a gentle mobilisation of the body each morning and a deeply restorative experience toward the end of the day.

There will also be an opportunity for Dhamma discussion, guided meditation, group meetings and ample time for rest, walking and enjoying the natural environment of the beautiful Murrah beach.

Apart from discussion groups the retreat will be held in Noble Silence.
Wholesome vegetation meals will be served.

Bookings and enquiries: Mary McLean **bvimeditation@gmail.com**
5 day retreat $730 or $680 with early bird discount [Tuesday Oct 27th]
Accommodation is twin or dormitory style.
There are beautiful **Camping or Van areas: deduct $100**
Please allow extra dana/donation for teachers.

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 in the Bega Valley for the last 24 years.

Heather has been receiving guidance and practising Buddhist Meditation since 1982. She has benefited from both Western and Asian teachers and their interpretations of the Dharma.
Since her training in Iyengar Yoga in 1994, meditation and yoga have been foundational pillars both personally and professionally.
Heather works as a health coach and Buteyko breathing instructor.