

# 2-DAY VIPASSANA/MINDFULNESS RETREAT

Saturday 16 Oct & Sunday 17 Oct  
10.30 – 5.00 (non-residential)

at  
**Bishop's Palace (Heritage Council  
Headquarters)  
Kilkenny**

Vipassana (also called Mindfulness or Insight meditation) is a simple and direct way to develop our capacity to be present in each moment. We learn to be present wholeheartedly, with kindness, to the ever-changing flow of the body/mind processes. We begin to accept more fully the pleasure and pain, fear and joy, sadness and happiness that life inevitably brings.

This silent retreat is suitable for beginners and non-beginners. Loving kindness practice will also be included.

**Cost:** by donation.

**Please bring something for your own lunch. Coffee and tea will be provided.**

**Marjó Oosterhoff** will guide the retreat. She has been trained in the Burmese Buddhist tradition, and has been teaching vipassana and loving kindness meditation for nearly 20 years.

**For more details, and for bookings please ring or email Marjó at 027-60223, 086-8787040 or [moosterhoff@eircom.net](mailto:moosterhoff@eircom.net).**

**Please see [www.vipassana.ie](http://www.vipassana.ie) for dates of other retreats, at Passaddhi and of Marjó teaching at other venues in Ireland.**

**See [www.heritagecouncil.ie](http://www.heritagecouncil.ie) for directions.**