



Flourishing on the ground on which we stand.

How does our meditation practice assist us in the midst of the everyday - when a difficult family member, unexpected loss, illness or other challenge sails through our doorway? This course is suited for beginners and experienced practitioners who wish to deepen their understanding of Buddhist foundations. Participants will be encouraged to forge their unique take and embodiment of these timeless teachings that offer such relevance in our modern context. Participants will also be supported to cultivate a daily practice.

Together we will 'roll out' these teachings that offer groundwork for our flourishing. These teachings map out the 'reality' of our human situation and articulate a way of relating with our self and experience in a creative, intelligent and compassionate way.

Teachings will be drawn from the Insight tradition, Tibetan foundations, Jess's direct experience and trial and error as a contemporary female practitioner and teacher. Shared readings will be drawn from classical suttas and contemporary poets, teachers and practitioners.

Format: live talks, podcasts, online study forums, daily practices, weekly contemplations & optional one to one mentoring over a 4 week period.

Opening evening: Thursday April 18, 7-8:30pm*

Closing evening: Tuesday May 14, 7-8:30pm*

*Online or live at Dorm 1, Abbotsford Convent

Bookings: www.jesshuon.com/courses

Contact: courses@jesshuon.com

Anyone anywhere in the world can join!

About Jess Huon | Jess has been engaged in meditative and embodiment practices since the age of seventeen. She has trained in traditional Buddhist monastic settings, inter-faith contexts of meditative inquiry, and in long periods of solitary forest practice. This training has taken place in India, Australia, Spain and the USA. In 2009 Jess was awarded a scholarship to study Buddhist texts at Spirit Rock, near San Francisco. She holds a bachelor of Creative Arts (VCA), and a postgraduate degree in Therapeutic Arts practice (RMIT). A natural orator, her talks have been described as "street language for the soul."

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