

Monthly Intensive Meditation at Desert Creek House

- Takes place *each second weekend of the month*, starting on Friday at 6pm, finishing Sunday morning after breakfast at 8am.
- Accommodation limited at this stage to 2-3 others apart from ourselves, or bring your own tent.
- For those with young families or other commitments, there is a possibility of joining us for the *Saturday only*, starting at 9am at finishing at 5.30pm.
- A *short introduction* is given at 6pm on Friday or 9am on Saturday. The rest of the time is mostly spent in *silence*.
- *Sitting meditation* sessions are of 25 minutes' duration, with 5 mins. *walking meditation* in between. Those who are used to longer sittings may stay seated for two continuous periods. Those who want to skip a sitting need to let us know beforehand.
- At 11-11.40am there is a period of *lectio divina of a text from various traditions*.

Desert Creek House
802 Desert Creek Road
NUMBUGGA via BEGA NSW 2550
Phone: 02 6492 8498
E-mail: desertcreek@skymesh.com.au
website: www.desertcreekhouse.com.au

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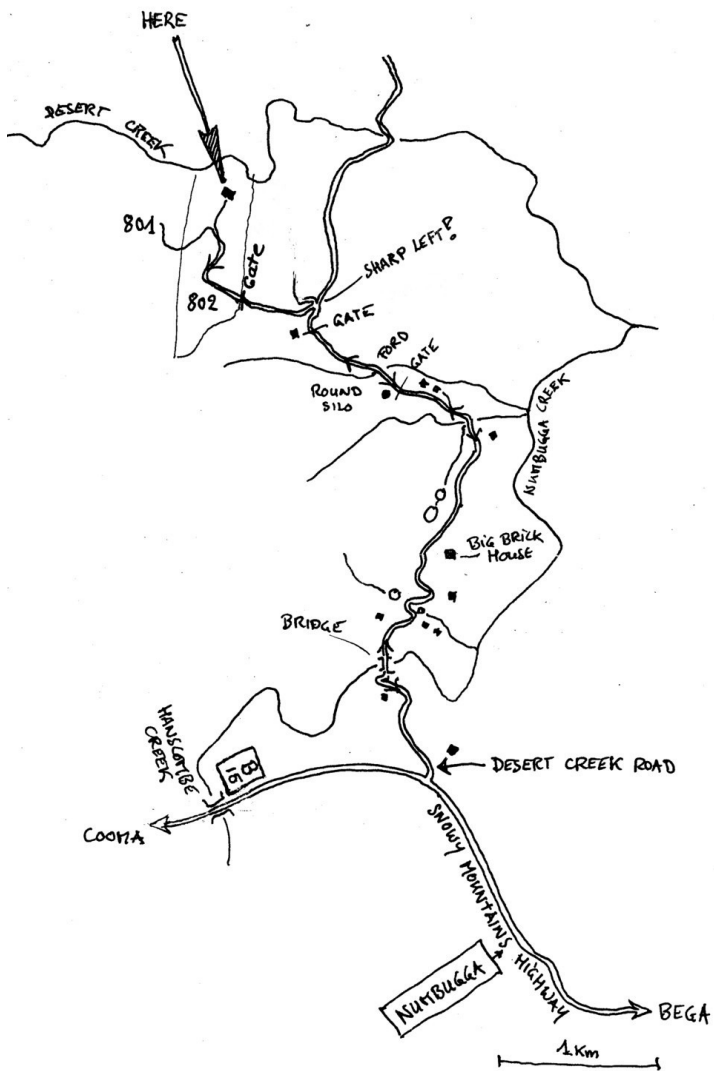
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How to get to Desert Creek House

- If you come from Bega or Narooma, turn off the Princes Highway into the Snowy Mountains Highway and continue 8.5 km to Desert Creek Road into which you make a right turn.

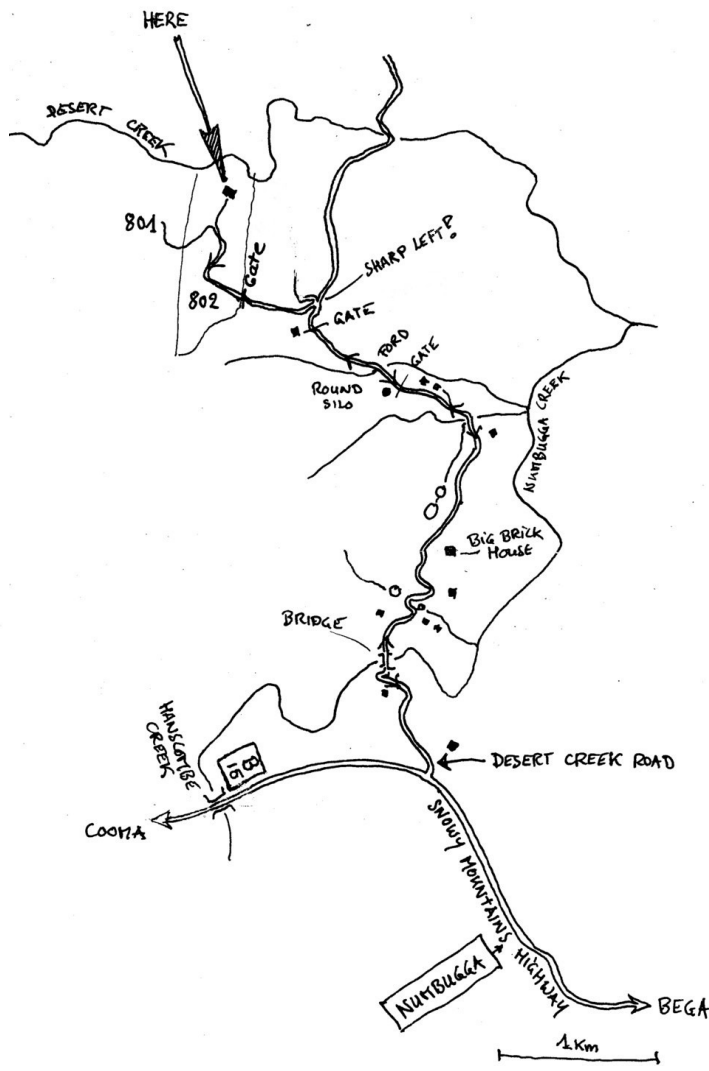
If you come from Cooma, watch for the sign "B 15" (Bega 15km) on your left, immediately after the bridge over Hanscombe Creek, because soon after there is the left turn into Desert Creek Road.



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