



Mindfulness  
Auckland

# COMPASSIONATE CONNECTION -with Self and Others

An Urban (non-residential ) Interpersonal Meditation Retreat  
Kohimarama, Auckland

Saturday – Sunday, 11-12 October, 2025

This two-day urban interpersonal meditation retreat is offered for professionals who use mindfulness in their work , MBSR/MBCT graduates, or others with some experience of mindfulness practice who wish to deepen or refresh their practice.

Some prior experience of meditation practice is recommended.

The first day will be a day of silent practice. The practices will be guided by Sue and Nadav, and will focus on the cultivation of presence, compassion, enjoyment and equanimity in the nature-rich environment of The Mary McKillop Hospitality & Spirituality Centre in Kohimarama, Auckland.

The second day will expand the practices to include interpersonal meditation. This can sharpen our capacity to notice and name our internal experience with another, in a safe, structured way. These dialogues can provide profound insights, only achievable in the interpersonal space.

## Why should I attend ?

- ❖ To deepen your listening skills and reduce reactivity in relationships and challenging situations
- ❖ To further develop the potential of mindfulness meditation practices to keep you healthy and counter burnout
- ❖ This is a unique opportunity to practice with two highly experienced and caring Mindfulness Teachers
- ❖ Life is demanding: Take these two days to take the pressure off yourself and build your resources

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### Location:

The Mary McKillop Hospitality & Spirituality Centre  
30 Holgate Rd.  
Kohimarama, Auckland 1051

### Time:

Saturday 9.00am-4.30 pm  
Sunday 9.00am-4.00 pm

**Cost:** \$460 (GST included)

### To enquire:

Please contact Sue Dykes or Nadav Avny  
[suzed42@hotmail.com](mailto:suzed42@hotmail.com)  
[nadav@safetherapyspace.co.nz](mailto:nadav@safetherapyspace.co.nz)

### To register:

Please contact Nadav Avny  
[nadav@safetherapyspace.co.nz](mailto:nadav@safetherapyspace.co.nz)

## About the Facilitators:

**Sue Dykes**, former Director of Mindfulness Auckland, and **Nadav Avny**, current Director, long term meditators, mindfulness teachers and experienced Clinical Psychologists. Sue and Nadav established a joint regular interpersonal meditation practice (Insight Dialogue) more than two years ago and are familiar with its benefits.

### Sue Dykes

MSC, PGDIPCLINPSY



Sue is a Registered Clinical Psychologist with the New Zealand Psychologists Board. Sue has a wealth of clinical experience working in public and private sectors. She was trained as a Dialectical Behavioural Therapist (DBT) practitioner in 2001 and worked at a DBT based programme for seven years. She is trained in and utilises Eye Movement Desensitisation Therapy (EMDR). She is currently in private practice.

Sue trained and taught Mindfulness Based Stress Reduction (MBSR) and Mindfulness Based Cognitive Therapy (MBCT) programmes over many years. She is a Registered Teacher with the Mindfulness Training Institute: Australia & New Zealand (MTI) She has also trained as a Mindful

Self Compassion teacher, and taught this course a number of times. She has attended several week long retreats with Gregory Kramer (Founder of Insight Dialogue) . She practices meditation in the Insight Tradition and has been an active member of the Auckland Insight Meditation community since it began. She attends one or two residential retreats a year.

### Nadav Avny

MA Clinical Psychology, Advanced Diploma in Integrative Psychotherapy



Nadav is a Registered Clinical Psychologist with the New Zealand Psychologists Board. Nadav's clinical psychology training was psychodynamic and he later completed training in Integrative Psychotherapy, focusing on Gestalt and Existential Psychotherapy, and has been a UK Council for Psychotherapy Registered Psychotherapist (UKCP reg.) since 2007. Through his practice and continuing professional development, he also developed knowledge in other therapeutic modalities, including Eye Movement Desensitization and Reprocessing (he is an EMDRNZ Accredited Practitioner), Acceptance and Commitment Therapy (ACT), Internal Family Systems (IFS), Cognitive Behavioural Therapy (CBT) and Family Therapy. Nadav's public health work focused on acute mental health inpatient units.

Nadav works in private practice now.

Nadav is the Co-Director of Mindfulness Training Institute: Australia & New Zealand (MTI), which trains mindfulness teachers in our part of the world. Nadav is the current Director of Mindfulness Auckland, where he teaches MBSR and MBCT programmes. Nadav practices in the Insight Tradition and facilitates weeklong Insight Meditation residential retreats.

