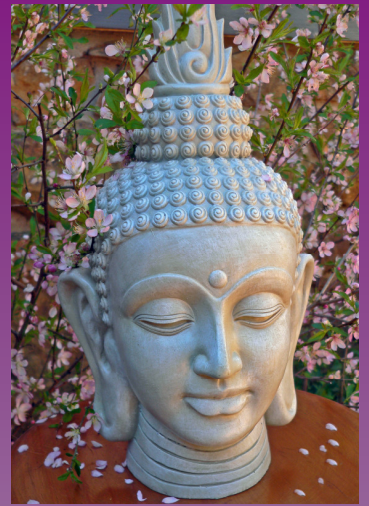


# *Mindfulness, Insight & Liberation:*

## *A Silent Insight Meditation Retreat*



~~~~~

### **3rd to 9th December 2017**

Sangsurya ~ Byron Bay, NSW

**Christopher Titmuss & Radha Nicholson**



A classical 'Insight/Vipassana' meditation retreat offering meditation instructions, dharma talks, individual interviews & inquiry sessions.

This retreat offers training of the heart & mind to the realization of freedom from that which is problematic & the cultivation of the awakening factors.

**Retreat fee: \$680**

*.... Suitable for both new & experienced meditators ....*



Application form & information available at: [www.tallowwoodsangha.org.au](http://www.tallowwoodsangha.org.au)  
[www.dharma.org.au](http://www.dharma.org.au) or [www.insightmeditationaustralia.org](http://www.insightmeditationaustralia.org)

**Email Contact : [ctrn17@gmail.com](mailto:ctrn17@gmail.com)**

*\* This is a Tallowwood Sangha Incorporated Event\**