

Mindfulness, Insight & Liberation: A Silent Insight Meditation Retreat



2nd to 8th November 2018

Sangsurya ~ Byron Bay, NSW

Christopher Titmuss & Samantha Coker-Godson



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: \$750

.... Suitable for both new & experienced meditators



**Application form & information available at: www.tallowwoodsangha.org.au
www.dharma.org.au or www.insightmeditationaustralia.org**

Email Contact : ctscg18@gmail.com

** This is a Tallowwood Sangha Incorporated Event**