

Freedom of the Heart / Mind

An Insight Meditation Retreat

20 – 27 January 2018



Insight Meditation - known as Vipassana in the Theravada Buddhist tradition - engages in the practice of ethics, mindfulness, depths of meditation, opening of the heart and wisdom teachings. It reveals the freedom possible in this very life.

Subhana Barzagli is a senior guiding teacher in the Insight Tradition and a Zen meditation teacher, with over thirty years' experience in Buddhist meditation. Subhana is an experienced psychotherapist, clinical supervisor and trainer for Buddhism and psychotherapy. She leads regular retreats, dharma gatherings and workshops throughout Australia and New Zealand. subhana.com.au

Will James teaches at the Tallowwood Sangha in Bellingen. He regularly leads retreats in Australia and Bali, has taught at the Dharma Gatherings in Australia & India and teaches Dharma study classes. willjamesinsight.com

Retreat schedule: This retreat is held in Noble Silence with periods of sitting and walking meditation, meditation instructions, interviews, inquiry sessions, Dharma talks, mindfulness work periods, exercise and rest periods.

Venue: 'Sangsurya' at Byron Bay is a beautiful, tranquil & comfortable venue - a favourite with regular retreat participants. sangsurya.com.au

Cost: \$720 share - \$770 single room; covers accommodation and three gourmet vegetarian meals a day.

In accordance with the Buddhist tradition, teachers provide their teachings as a gift (dana) and rely on your return of that gift in the form of financial support.

For more information and to download application Forms:

tallowoodsangha.org.au - dharma.org.au or insightmeditationaustralia.org

This is a Tallowood Sangha Event.