

'Wisdom, Love and Liberation' - an Insight Meditation Retreat with Radha Nicholson & Will James

22nd – 28th July 2017

Teachers:

Radha Nicholson teaches the cultivation of wisdom and compassion through insight, focusing on inquiry and the non – dual nature of reality. She is the guiding teacher for Bay Insight in Byron Bay and teaches internationally. Radha is a registered Psychologist with a private practice in Bangalow, Northern N.S.W.

Will James explores seeing into and understanding the causes and conditions that create the difficulties in life brings freedom of mind and how this resonates with the emptiness teachings of the Buddha. Will is the resident teacher at the Tallowood Sangha in Bellingen, he regularly leads retreats in Australia and Bali and has taught at the Dharma Gatherings in Australia & India. <http://www.willjamesinsight.com>

Dana:

Following tradition, the teachers receive no payments but offer their teachings as a gift. Teachers take time out of their busy lives to conduct retreats and in recognition of their generosity there will be an opportunity for participants to make a donation of support and appreciation to the teachers (dana).

***Please note** - There are no EFTPOS facilities available so please bring your dana offering with you.*

Venue:

Sangsurya is a purpose-built centre specializing in meditation, yoga and personal growth retreats. The property features several beautifully designed buildings and a freshwater swimming pool, all sensitively located along the central ridgeline of a forested 10 acre (2.4 hectares) subtropical area.

Sangsurya Retreat Centre, 95 Old Bangalow Road, Byron Bay: <http://www.sangsurya.com>

Schedule:

The retreat is conducted in silence apart from meetings with teachers and essential communication. The retreat program consists of sitting, standing, walking & guided meditation, meditation instruction, individual meetings with teachers, inquiry sessions,

Dharma talks & daily mindfulness work periods. There will be an early optional exercise period e.g. yoga, walking or individual exercise.

Mindful Work Periods:

To give participants the opportunity of contributing to the shared experience of retreat life, the smooth running of the retreat and to keep costs low, you are requested to assist each day with the various work tasks. These include assisting with kitchen/meal duties, cleaning and various other light duties including the opportunity to assist with some mindful gardening.

Please be aware Sangsurya is an alcohol, smoke and drug free environment

Accommodation:

There are shared cottages and rooms with 2-5 beds in each room. Some single rooms are available on a first in basis and limited camping option. There will be separate accommodation for men and women.

Meals:

Three tasty and nutritionally balanced vegetarian meals are provided each day. We can cater for three special diets - vegan, gluten free and non dairy which need to be requested on your application form.

Please arrive between 3:00pm and 5:00 pm on Saturday 22nd July. 2017.

Retreat finishing time will be after lunch (approx. 2pm) on Friday 28th July.

Retreat Fee:

The retreat fee of **\$600** covers three vegetarian meals per day, accommodation, hire of the facilities, teacher travel costs, insurances, advertising and administration expenses. The retreat is managed on a not-for-profit basis. Please note the retreat fee does not include any payment for the teachers.

Limited camping spots available (first-in basis) **\$400**

Tallowood Sangha offers a subsidy for those under 25 and for those in financial difficulty.

If you would like to contribute towards supporting a subsidy please add \$25 to payment.

Booking and Payment Procedure:

Download and complete Application Form and

1. email to: jjrstevens@yahoo.com

OR

2. post to: July Insight Retreat, 14 Cypress Court, Byron Bay 2481

Please submit your application and you will be notified if there is a place available, then a deposit of **\$150** or full payment of **\$600** is to be paid within 7 days to secure your place. Full payment is to be made 2 weeks prior to retreat.

Payment Methods:

1. Cheque or money order – made payable to ‘**Tallowwood Sangha**’ and posted to:
July Insight Retreat 14 Cypress Court Byron Bay 2481

OR

2. Electronic Funds Transfer (EFT) to Bananacoast Community Credit Union (BCU):
Account Name: Tallowwood Sangha BSB Number: 704328. If paying by EFT please use ‘July17’ plus your name as reference to link your application and payment.
Account Number: 179921 (*BCU members please use Credit External option*)

Cancellation:

If for any reason you are unable to attend please let us know as early as possible. Cancellations will incur an administration charge of \$25. Cancellations less than **7 days** prior to the retreat commencement will mean the loss of your deposit.

What to Bring:

- *Meditation cushions and mat.* Some cushions and chairs provided.
- *Torch with extra batteries.* Sangsurya is in a forest setting and even though there is path lighting a torch is required for moving around the area at night.
- *Water bottle.* Please leave outside the meditation hall.
- *Rain/sun protection.* Bring a hat, umbrella and/or raincoat and outdoor footwear for walking meditation periods.
- *Mosquito repellent and sunscreen.*
- *Yoga mat* if you wish to participate in yoga.

Things to note:

All bedding and linen including towels, sheets, blankets and pillows are provided. There are some laundry facilities available.

Transport:

Byron Bay is well served by public transport with shuttle buses from both Ballina and the Gold Coast airports. Major coach companies offer regular services to Byron Bay. [*More details available on request*]

Directions to Sangsurya:

If travelling from the north:

Turn off the Pacific Highway at the 'Ewingsdale Road' exit and follow Ewingsdale Road to Byron Bay. From the centre of Byron Bay (roundabout near railway crossing) travel south along Jonson Street then Bangalow Road towards Suffolk Park and Ballina for **2.5km** until you see 'Eden Nursery' on the right at the corner of Old Bangalow Road (if you come to the golf course on your right you have gone too far). At 'Eden Nursery' turn right into Old Bangalow Road, cross the railway line and keep left up the hill through the trees. Sangsurya is **1.1 km** from the train crossing on the left side of the road; there is a large rock wall and a sign 'Sangsurya' on a tree.

If travelling from the south:

Leave the Pacific Highway at the Bangalow/Lismore exit; turn right onto Bangalow Road (B62). Continue 7.7 km; turn left onto Old Bangalow Road; travel 850 metres; turn sharp right at the Sangsurya driveway. Directions available from:

<http://maps.google.com.au/maps>

Emergency Contact:

For emergency situations only, if you need to be contacted during the retreat a message can be left with Ali, the retreat manager 0406 016 408.

Further information:

Contact Jane 0435066604 or email jjrstevens@yahoo.com