

Insight Meditation Retreat

Cultivating Wisdom & Awareness

9th – 16th June 2017

'Sangsurya' – Byron Bay



Insight meditation allows us to examine the habitual patterns of mind that create confusion, anxiety and pain. Through the practice of calmness, mindfulness and inquiry we can cultivate wisdom and open the heart. Inquiry awakens us to our true nature, allowing a sense of profound ease and connection with life.

This is a silent retreat with the retreat program consisting of sitting, walking and guided meditations, meditation instruction, group and individual meetings with teachers, open inquiry sessions, evening Dharma talks, mindfulness work periods, free time and optional yoga periods.

This retreat is for both experienced and new meditators

Subhana Barzaghi has devoted her life to guiding people along their spiritual path. Insight, awareness, mindfulness practices and the spirit of inquiry are the foundations of her practice for cultivating embodied presence and living an awakened life. Subhana is a senior Insight and Zen meditation teacher with over thirty years experience and regularly leads both Insight and Zen retreats in Australia and New Zealand.

Alan Bassal has been studying and practising Buddha's teachings for over 35 years, beginning in the vipassana meditative tradition and then developing in Eastern & Western Insight. He is a certified mindfulness based psychotherapist and his teaching is eclectic and practical. He encourages people to awaken to each moment and find the fulfilment they seek.

Cost for this 7 day retreat – this is the cost for accommodation and three vegetarian meals a day. Teachers in accordance with a 2,500 year old Buddhist tradition provide their teachings as a gift and rely on your return of that gift in the form of Dana (donation).

Standard shared rooms: **\$750**

Single room with ensuite: **\$850** (limited number available)

Camping: **\$485** (limited number available)

Those in need of support can apply for a scholarship; contact Ali Barlow (details below).

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

Bookings: Registration forms can be downloaded from:

www.insightmeditationaustralia.org/ or www.dharma.org.au/ or

Contact: Ali Barlow, email: alibarlow@netspace.net.au, phone: 0406 016 408