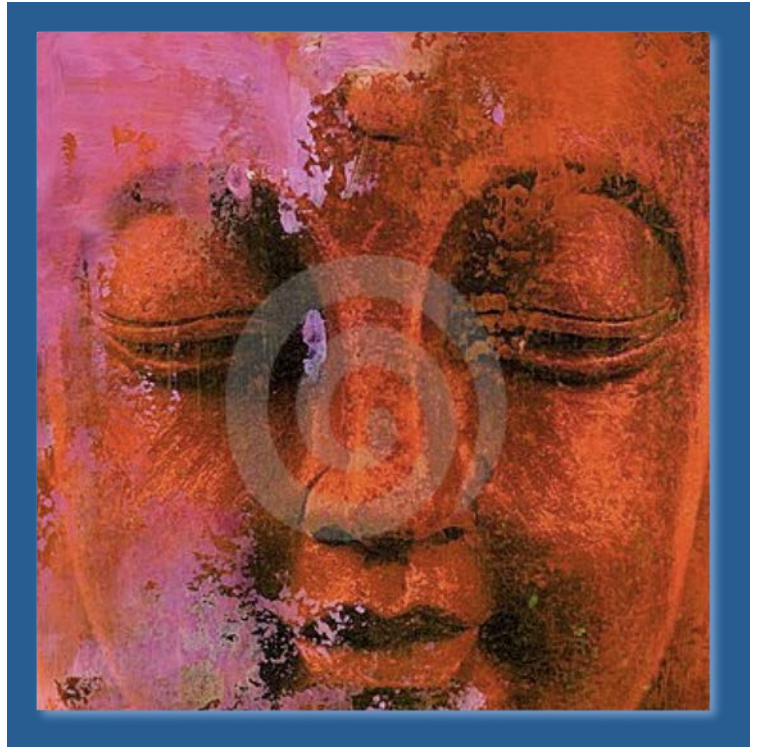


**Open Heart
Open Mind**
Insight (Vipassana)
Meditation Retreat
with
Subhana Barzaghi
&
Carol Perry

5th - 12th June 2015, Byron Bay NSW



For beginners and experienced meditators

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.

Subhana Barzaghi is an Insight and Zen meditation teacher with over thirty years experience in Buddhist meditation. She is a senior teacher in the Vipassana/Insight tradition and the Spiritual Director and resident teacher at Sydney Zen Centre. Subhana regularly leads Insight and Zen retreats in Australia and New Zealand and has a psychotherapy practice in Sydney. (www.subhana.com.au)

Carol Perry has 36 years insight meditation experience. She is a senior teacher for Melbourne Insight Group and regularly leads retreats, groups and Mindful Communication Workshops. Carol is a Certified Hakomi Therapist. and has a mindfulness-based psychotherapy practice in Lismore NSW. (www.ntpages.com.au/cperry)

Retreat schedule: The varied schedule has silent periods of sitting, walking and standing meditation; two yoga asana sessions daily (optional); private and group meetings, open questions and inquiry sessions with teachers; Dharma talks, meditation instruction periods, guided meditations, mindfulness work periods and free time.

Venue: Sangsurya, Byron Bay NSW

Cost: \$710.00 shared accommodation; private room \$850.00; \$475.00 camping. The fee covers accommodation, administration costs and three vegetarian meals a day. A limited number of concession places are available, please contact Jen Ireland.

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

For information and bookings: Contact Jen Ireland E: jen-at-jicommunications.com.au (replace-at- with @) Mob: 0457804997. Flyers and registration forms can be downloaded from www.insightmeditationaustralia.org & www.dharma.org.au. Payments to: Kuan Yin Meditation Centre Retreat Acc. **BSB 637 000 Acc.No. 719873219**
Ref. your family name + SUB