

# OPEN HEART OPEN MIND

## 7 Day Silent Meditation Retreat

With Subhana Barzaghi, Carol Perry  
and assistant teacher, Angela McGee



**Friday 20th October - Friday 27th October 2017**

Kallara Conference Centre, Strathbogie Ranges, Victoria

This is the retreat that inspired the formation of Melbourne Insight Meditation.

Subhana Barzaghi is an Insight and Zen teacher with 40 years experience in Buddhist meditation. She is a guiding teacher in the Insight tradition and a senior resident teacher at the Sydney Zen Centre. Subhana regularly leads workshops and retreats in Australia and New Zealand. [www.subhana.com.au](http://www.subhana.com.au)

Carol Perry has 35 years of Insight Meditation experience. She works with the process of transformation on many levels and is grounded in a practice of bringing insight into all facets of life. Carol leads retreats, groups and mindfulness communication training throughout Australia.

Angela McGee has taught yoga (and trained and mentored yoga teachers) for 22 years in the Krishnamacharya tradition. She has practised vipassana meditation since 2006, and recently began teaching the dharma in the Insight Meditation tradition.

### Venue

Kallara Conference Centre, Boho South, Strathbogie Ranges, Victoria.

### Cost

7-day retreat - \$570, + Dana\*  
(Please note: there is no 3-day retreat option on offer this year)

### This retreat includes:

- Sitting, walking and standing meditations
- Optional yoga asana to assist in sitting
- Private and group interviews
- Questions and inquiry with teachers
- Dharma talks
- Instructions for meditation
- Mindfulness work period
- Free time

Beginning and experienced meditators are welcome

### Registration & Enquiries

[insightretreats@hotmail.com](mailto:insightretreats@hotmail.com)  
[www.melbourneinsightmeditation.org](http://www.melbourneinsightmeditation.org)

\*Following the Buddhist practices of generosity the teachings are given on a Dana (gift/donation) only basis. Your monetary contribution enables the teachers to continue their work.