

Dharma Inquiry: An Insight Meditation Retreat

26 January - 2 February 2019



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.

Join us at Sangsurya Retreat Centre in

Byron Bay – a beautiful, tranquil and comfortable venue that is a favourite with regular retreat participants - sangsurya.com.au

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.

Guided by teachers Subhana Barzaghi and Will James:

Subhana Barzaghi 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 Tallowood 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

Cost: \$750 share/\$850 single room/\$500 camping - 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 or insightmeditationaustralia.org

This is a Tallowood Sangha event



Tallowood Sangha