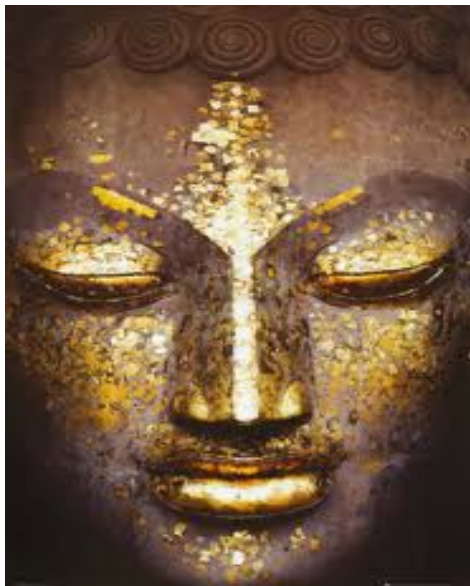


# Insight Meditation Retreat

## Awakening the Heart and Mind

### 5th - 12th June 2026 Sangsurya – Byron Bay



Insight meditation allows us to examine the habitual patterns of mind that create confusion, anxiety and pain. By cultivating serenity, mindfulness and inquiry we can taste and embody the freedom and wisdom of the open heart-mind. Inquiry awakens us to our true nature, allowing a sense of profound ease and connection with all of life.

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

**Suitable for both experienced and new meditators**

**Subhana Barzaghi** is a senior guiding teacher in the Insight and Zen Traditions with 50 years' experience in Buddhist meditation. Subhana is an experienced psychotherapist, clinical supervisor and trainer for the Buddhism and Psychotherapy course. She is a director and trainer for the Insight Meditation Institute and teaches the Mindfulness & Compassion Teacher Trainer course and the Dharma Teacher Training and mentoring programme. She leads regular retreats and Zen sesshins throughout Australia.

**Carol Perry** has 50 years' experience in the Insight tradition. She is a senior teacher with Melbourne Insight Meditation and a long-time social activist on ecological and social justice issues. Carol leads a monthly Women's Wisdom & the Dharma group in the Northern Rivers area, mentors emerging teachers and is a Certified Hakomi Psychotherapist. She recently published a book: *The Whole of the Path: dharma, community and social action*

**Nick Lavery** - Assistant teacher

**Venue:** 'Sangsurya' Retreat Centre at Byron Bay

**Bookings:** \$1725 single/ensuite, \$1235 twin share, \$920 campervan + Dana\* for the teachers  
Fee includes accommodation, refreshments and delicious vegetarian meals

**Registration:** click [here](#) for link

**General inquiries & scholarships. Contact Sandi: [dhammadancesandi\(at\)gmail.com](mailto:dhammadancesandi(at)gmail.com)** (replace (at) with @).  
Cancellation less than one week before the event may incur a cancellation fee of \$250. No refund will be given for cancellations from Wednesday 3rd June.

**\*Dana:** Teachers, in accordance with a 2,500-year-Buddhist tradition, provide the teachings as a gift and rely on your return of that gift in the form of Dana (financial generosity) to support the teachings.