Tallowwood Sangha

Freedom of *Being*

Silent Insight Meditation Retreat



January 23 - 30 2027

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

About your teachers

Subhana Barzaghi and Will James are senior guiding teachers in the Insight Meditation tradition, each with decades of deep Dharma practice and teaching experience. Subhana is trained in Zen and psychotherapy and integrates her wisdom and compassion through retreats and teacher training across Australia. Will's teaching, rooted in Insight, Zen and Dzogchen traditions and he invites inquiry into the truth of experience and the freedom revealed in each moment.

Sangsurya Retreat Centre Byron Bay

Single Room with ensuite	$1800
Shared Room with ensuite	$1300
Concession shared room, shared external bathroom	$900
Van camping with shared external bathroom	$800

Fee includes accommodation, refreshments and delicious vegetarian meals

**Please note cancellation fees apply





www.tallowwoodsangha.org.au/events

tallowwoodsangha@gmail.com