

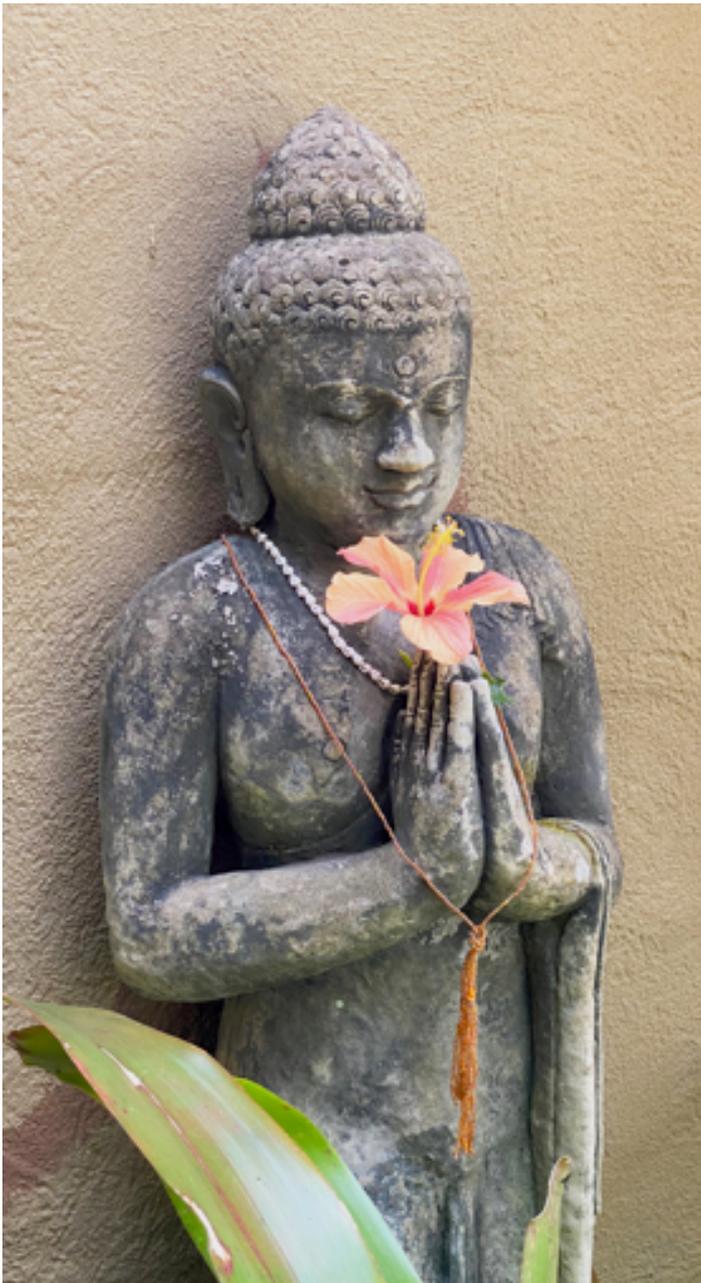
# Embodied Wisdom and Compassion

## Insight Meditation and Qigong Retreat

### 1st - 6th October 2021

### Online and Fundraiser

### for Sangsurya Retreat Centre, Byron Bay



The Buddha said, within this fathom long body lies the path to wholeness and awakening. Exploring with curiosity and courage, our inner pilgrimage becomes like a discovery of a vast library and an ancient treasure map. Here, within, lies our crucible for transformation of the inner and the outer - our body of wisdom.

In mindful, embodied, compassionate presence we can release deeply held stress and relax into wellbeing. We can untangle those knots of tension and contracted identity and find replenishment, grounding and insight.

For life to flourish each one of us must return again and again to the ground and refuge of our own aliveness. Cultivating an inner regenerative culture supports the essential move towards a life-sustaining community and society.

**The online schedule includes:** sitting & walking meditation, meditation instructions, open inquiry sessions, Dharma talks, two daily Qigong classes. Retreat is suitable for beginners and experienced meditators.

## Teachers:

**Subhana Barzaghi** is a senior guiding teacher in the Insight Meditation and Zen Tradition with forty years of experience in leading workshops and retreats. Subhana is an experienced psychotherapist and Director of the Insight Meditation Institute. She teaches embodied awareness practices, cultivating wisdom and compassion and the spirit of inquiry as foundations for living an awakened compassionate life.

[www.subhana.com.au](http://www.subhana.com.au)

**Lizzie Turnbull** is an Insight Meditation teacher and somatic psychotherapist. She brings over thirty five years of practice in the major Buddhist traditions to teaching the Dharma in a contemporary, embodied and creative way. Lizzie holds a PhD in Sociology and has taught somatic and mindfulness-based therapies for many years. She has a private practice in the Byron shire and guides the Flowing Mountain meditation group in Brunswick Heads.

<http://www.lizturnbull.com.au>

**Shirsha Marie** is an Integrated Somatic Psychotherapist who has a background of 35 years teaching mindfulness in movement through the internal arts of Tai Chi and Qigong as well as traditional Korean martial arts. She delivers the subtleties and depths of Qigong with warm-hearted expertise, and makes this meditative practice accessible and enjoyable for everybody.

[www.heartmindcentre.com.au](http://www.heartmindcentre.com.au)



**Sangsurya Retreat Centre** was built on the foundations of love and service to humanity by the late Mona and Tony Kruger. This healing place has touched the lives of thousands, hosting Insight Meditation retreats and a broad range of health and personal development retreats for over 30 years. Sangsurya is a precious gift supporting deep reflection, healing and growth, and is a true haven for those searching for peace in their hearts and minds.

Sangsurya has once again been hit very hard by the COVID-19 crisis due to cancellations of retreats, resulting in a significant financial loss. Our resources have dwindled while our financial obligations have not. The teachers are offering this special event as a fundraiser for Sangsurya to help it survive, for the benefit of all and for future generations to come.

## **Bookings and Registration**

**The registration fee of \$140** will go to Sangsurya. **A concession rate of \$100** is available for those who need it. Please apply.

**Dana:** In accordance with a 2,500 years old Buddhist tradition teachers provide the teachings as a gift and rely on your return of that gift in the form of Dana (financial generosity).

### **Book your place.**

**Step 1:** Book and make your full payment [Here](#)

**Step 2:** Fill out the Registration Form [Here](#)

**NB: We need your completed registration form and full payment to secure your booking.**

There are some limited scholarships available for those with limited means. For information on how to apply please contact Sandi Middleton at:

**Email:** sandi.middleton.consulting [at] gmail.com (replace at with @)

**Mobile:** 0415749714

After receipt of your registration form and payment your booking will be confirmed.

Further information will be emailed to you about: suggestions for how to set up a home practice/retreat to make the most of your time, retreat on-line and off-line schedule, zoom guidelines and the zoom retreat link.

Should the course be full, you will be notified and your name will be placed on a waiting list. You will be contacted if a place becomes available.

Early registration and payment is suggested, as places are limited.

**Thank You**