



# *Taking Refuge in Freedom - A Forest Retreat*

**With Christopher Titmuss and Radha Nicholson**

**A silent meditation retreat at the**

**Forest Meditation Centre, Dharmananda, The Channon**

**26<sup>th</sup> November to 1<sup>st</sup> December 2017**

**Registration form/information: [www.dharma.org.au](http://www.dharma.org.au) or  
email jen at: [cycad5@iprimus.com.au](mailto:cycad5@iprimus.com.au)**

**Please contact Jen Ireland to discuss conditions at the Forest  
Meditation Centre and accommodation options  
*before* booking**