



# Deepening Into Stillness

## Insight Meditation Retreat

5<sup>th</sup> – 10<sup>th</sup> May 2017

### Awakening Presence

The retreat will provide the opportunity to deepen into awakening presence, being free from the agitations of the thinking mind. When we do experience presence and stillness, most of us are quickly pulled back into the world of the mind which gets caught up in past and future thoughts. Deepening into stillness allows us to examine and transform the habitual limited patterns of mind that create confusion, anxiety and suffering. The retreat will support inquiry into what it means to be fully awake, what takes us out of that state and how to remain more fundamentally present and alive in our daily lives and relationships.

The retreat program consists of sitting, walking & guided meditations, meditation instruction, group & individual meetings with teachers, open inquiry sessions, evening Dharma talks & morning and afternoon gentle yoga sessions.

### Venue



The retreat will be held at the [Brahma Kumaris Centre](#) for Spiritual Learning in Wilton, NSW, approx. 75 mins drive from Sydney.

Accommodation is in comfortable twin share rooms with en suites. Serene gardens and bushland surround the meditation centre.

### Register

<http://www.sydneyinsightmeditators.org/deepening-into-stillness-may-2017.html>

### About the teachers

**Subhana Barzagli** is an authorised Insight and Zen meditation teacher with over thirty years' experience in Buddhist meditation. Subhana is a guiding teacher for the insight tradition and the Sydney Zen Centre. She regularly leads both Insight and Zen retreats in Australia and overseas and has a psychotherapy practice in Sydney.  
[www.subhana.com.au](http://www.subhana.com.au)

**Alan Bassal** has been studying and practicing Buddha's teachings for over 35 years beginning in the Vipassana meditative tradition and then developing in Eastern & Western Insight. He is a certified mindfulness based psychotherapist. Alan's teachings are eclectic and practical, he encourages people to awaken to each moment and find the fulfilment they seek.

### Dana

Teachers in accordance with a 2,500 year old Buddhist tradition provide their teachings as a gift and rely on your return of that gift in the form of Dana (donation).



### Details

WHEN: **Fri 5<sup>th</sup> – Wed 10<sup>th</sup> May 2017**

TIME: **Arrive - Fri 4-6pm**  
**Finish - Wed 2-3pm**

COST: **\$645** for the 5 days of twin share accommodation & three vegetarian meals a day. Other cost options on the website.

Fee assistance and [scholarships](#) are available for those in need.