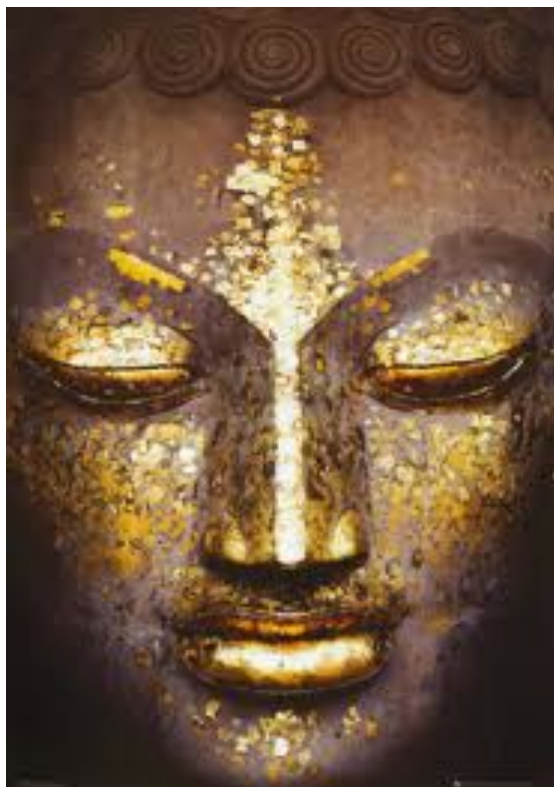


# Insight & Mindfulness Meditation Retreat

**Teachers:** Subhana Barzaghi & Liz Turnbull

**9<sup>th</sup> – 16<sup>th</sup> October**

**‘Sangsurya’ – Byron Bay**



Insight meditation allows us to examine and transform the habitual limited patterns of mind that create confusion, anxiety and suffering. The dharma teachings, practices of mindfulness loving-kindness and the spirit of inquiry cultivate insight into the true nature of the heart-mind, which is essentially free, intrinsically empty, yet abundant and ceaselessly responsive.

The retreat program consists of sitting, walking & guided meditations, meditation instruction, group & individual meetings with teachers, open inquiry sessions, evening Dharma talks, insight dialogue & optional yoga periods.

**Subhana Barzaghi** is an authorised Insight and Zen meditation teacher with over thirty years experience in Buddhist meditation. Subhana is a guiding teacher of Blue Gum Sangha 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)

**Liz Turnbull** has been studying and practicing Buddhism since 1985 beginning in the Vajrayana tradition and then in Zen and Western Insight. For many years she has been interested in integrating the Buddha Dharma and psychotherapy. She has a private practice in the Byron Bay area.

**Retreat Cost: \$610 for 7 days**, includes accommodation & three gourmet vegetarian meals a day. Limited concession places available. 5 day part-time option available but preference will be given to full participation.

Teachers in accordance with the Buddhist tradition, provide their teachings as a gift (dana) and rely on your return of that gift in the form of financial support.

**Venue:** 'Sangsurya' at Byron Bay is a beautiful, tranquil & comfortable venue - a favourite with regular retreat participants. [www.sangsurya.com.au](http://www.sangsurya.com.au)

**Bookings:**

Registration Forms can be downloaded from [www.insightmeditationaustralia.org.au](http://www.insightmeditationaustralia.org.au) or [dharma.org.au](http://dharma.org.au). Please contact Lorella Ricci-Marriott, [lorella@fireandsoul.com](mailto:lorella@fireandsoul.com)

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