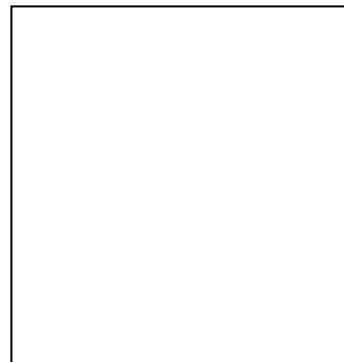


Insight Meditation Retreat

April 27 – 30 2017

**Insight Meditation & an
idyllic environment combine
to open our hearts and
deepen our understanding.**

**Meditation teacher
Will James** is leading
a silent Insight
Meditation retreat at
North Farm,
Bellingen N.S.W.



This is an opportunity for practitioners to deepen their understanding of the Dharma and for those new to Insight Practice to gain an understanding of the teachings and practices.

Will James has practiced Insight meditation for over 30 years and has taught for over 10 years. He is the resident teacher at Tallowwood Sangha and regularly leads meditation retreats in Australia & Bali. Will also teaches Dharma study with an emphasis on the Wisdom Teachings of the Buddha.

This retreat consists of sitting, walking & guided meditation, meditation instruction, Dharma talks, inquiry sessions & interviews.

All Costs include Accommodation & meals.
\$325, limited shared room accommodation
\$250 for camping with hot shower & toilet facilities.

Tallowwood Sangha does offer financial assistance for those under 25 and for those in financial difficulty.

To contribute towards this assistance please add \$25 to payment.

Booking & Info www.tallowwoodsangha.org.au

EMAIL Robin: aprilretreat@tallowwoodsangha.org.au

A Tallowwood Sangha Event