

Insight into the Heart of the Buddha's Teachings

21 – 28 January 2017



Insight Meditation - known as Vipassana in the Theravada Buddhist tradition - engages in the practice of ethics, mindfulness, depths of meditation, opening of the heart and wisdom teachings. It reveals the freedom possible in this very life.

Subhana Barzaghi is a senior guiding teaching in the Insight Tradition and a Zen meditation teacher, with over thirty years' experience in Buddhist meditation. Subhana is an experienced psychotherapist, clinical supervisor and trainer for Buddhism and psychotherapy. She leads regular retreats, dharma gatherings and workshops throughout Australia and New Zealand. subhana.com.au

Will James teaches at the Tallowood Sangha in Bellingen. He regularly leads retreats in Australia and Bali and has taught at the Dharma Gatherings in Australia & India. willjamesinsight.com

Retreat schedule: This retreat is held in Noble Silence with periods of sitting and walking meditation, guided meditation instructions, interviews and inquiry sessions with teachers, Dharma talks, mindfulness work periods, exercise and rest periods.

Venue: 'Sangsurya' at Byron Bay is a beautiful, tranquil & comfortable venue - a favourite with regular retreat participants. sangsurya.com.au

Cost: \$700 covers accommodation and three gourmet vegetarian meals a day.

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

For information please contact: Ali alibarlow@netspace.net.au Ph. 0406016408

Application Forms may be downloaded from: tallowoodsangha.org.au

dharma.org.au or insightmeditationaustralia.org

This is a Tallowood Sangha Event