



From Insight Meditation to Transformation

With Christopher Titmuss

**A silent meditation retreat at the
Forest Meditation Centre, Dharmananda, The Channon**

23rd – 29th November 2019

In this retreat, we will explore ethics, mindfulness, insight meditation (vipassana), reflection and liberation. Conducted in noble silence, daily instructions will be given in the four postures of sitting, walking, standing and reclining. Christopher will meet with participants for the inter-view.

There will be a daily Dharma talk, guided meditations and inquiry.

Suitable for beginners and experienced meditators.

Registration form/information: www.dharma.org.au or email Jen

Ireland: [cycad5\(a\)iprimus.com.au](mailto:cycad5(a)iprimus.com.au)

Please contact Jen to discuss conditions at the Forest Meditation Centre and accommodation options *before* booking or paying the retreat fee