

THE PATH OF AWAKENING

with Ellen Davison

Insight /Vipassana Meditation Retreat

SANGSURYA, BYRON BAY

26th March - 1st April, 2020



This Retreat is an opportunity to stop and enter the stillness and silence within that brings forth our innate wisdom, equanimity and connection with all of life.

This retreat will include meditation instructions on the Four Foundations of Mindfulness, meditation periods of sitting and walking, Dharma talks, mindfulness work periods, and individual interviews.

The Retreat will be led by Ellen Davison who leads regular Insight retreats and Dharma workshops in Australia, and will be assisted by Jen Ireland. Ellen is also a teacher in the Zen tradition and a registered psychologist.

Cost: \$670.00 covers accommodation and three gourmet vegetarian meals a day.

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

For further information and bookings email: [vjwight\(at\)gmail.com](mailto:vjwight(at)gmail.com)

Application forms can be found at www.insightmeditationaustralia.org or www.dharma.org.au