

# Walking the Path of Wisdom & Awakening

with **Ellen Davison**

Insight /Vipassana Meditation Retreat

**SANGSURYA, BYRON BAY**

March 12<sup>th</sup>-18<sup>th</sup> 2021



This Retreat is an opportunity to stop and enter the stillness that brings forth our innate wisdom, equanimity and connection with all of life, particularly in difficult times

This retreat will include meditation instructions on the Four Foundations of Mindfulness and the Anapanasati Sutta: the body, feelings, mind and dharmas plus meditation periods of sitting and walking, Dharma talks, mindfulness work periods, individual and group interviews.

## **Teachers:**

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 who teaches at the Kuan Yin Meditation Centre. Ellen is also a teacher in the Zen tradition and a registered psychologist.

## **Retreat Fees (Fees cover accommodation and delicious vegetarian meals):**

- Single accommodation: \$765
- Couple/shared rooms: \$705 pp.
- Camping: \$465

## **Dana:**

*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.*

## **Bookings:**

For further information and bookings email: [vjwight\(at\)gmail.com](mailto:vjwight(at)gmail.com). Registration forms can be found at [www.insightmeditationaustralia.org](http://www.insightmeditationaustralia.org) or [www.dharma.org.au](http://www.dharma.org.au)