

COMPASSIONATE HEART, WISE MIND: THE BUDDHA'S TEACHINGS ON WISDOM & COMPASSION

with Ellen Davison and Radha Nicholson

Insight /Vipassana Meditation Retreat

SANGSURYA, BYRON BAY

30th August - 5th September, 2019



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, meditation periods of sitting and walking, Dharma talks, Inquiry, mindfulness work periods, and individual interviews.

The teachers are Ellen Davison and Radha Nicholson. Ellen leads retreats in the Insight and Zen traditions. Radha teaches Insight Meditation retreats internationally.

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.

Further information and bookings contact Victoria email: [vjwight\(at\)gmail.com](mailto:vjwight(at)gmail.com)