

Freedom of the Heart

Understanding the Buddha's teachings of liberation

6th to 12th January 2023



Silent Insight/Vipassana Retreat at Sangsurya - Byron Bay

The retreat will focus on direct experiential understanding and insights through mindfulness meditation practice in the four postures, sitting, walking, standing and reclining. There will be periods of instruction, dharma talks, inquiry and guided meditations as well as opportunities for interviews with the teachers.

Radha Nicholson teaches the liberation of the heart through inquiry and insight. She focuses on freeing the mind through the realisation of the non-dual nature of reality.

Priscilla Maxwell first connected to the dharma in 1992. She has a background in education and psychology and worked as a spiritual counsellor at Karuna Hospice Service.

Retreat fees from \$525 to \$1100
Fees include accommodation and meals for 6 nights. The teachers, in accordance with Buddhist tradition, rely on dana (donations) for support

Bookings and registrations are via TryBooking



For further information, please contact Victoria Wight by email at [kuanyinmeditation\[at\]gmail.com](mailto:kuanyinmeditation@gmail.com) (replace [at] with @)

www.dharma.org.au



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