

Stillness, Equanimity & Wisdom

A 6-night insight/vipassana/mindfulness meditation retreat

13 - 19 September 2024
Sangsurya Retreat Centre, Byron Bay

This retreat will include comprehensive meditation instructions to develop and access natural freedom and steadiness of being in an uncertain world. The emphasis will be on direct release from problematic mind states through awareness and inquiry into the nature of reality.

Radha Nicholson teaches liberation of the heart through inquiry and insight and has been teaching meditation in Australia and internationally for more than twenty years. She is a registered psychologist.

Priscilla Maxwell has a background in education and psychology and worked as a spiritual counsellor at Karuna Hospice. Her teachings focus on the individual journey to freedom and truth through the compassionate heart.

Retreat fees

Shared room (2-3 people)	\$985	Limited single rooms	\$1500	Bring own campervan	\$670
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Limited scholarship places are available for those with limited means. Email Victoria at [kuanyinmeditation\(at\)gmail.com](mailto:kuanyinmeditation(at)gmail.com) for info.

Dana: The teachers, in accordance with Buddhist tradition, rely on dana (donations) for support. Fees include accommodation and meals.



**Bookings and further information
at Trybooking**

