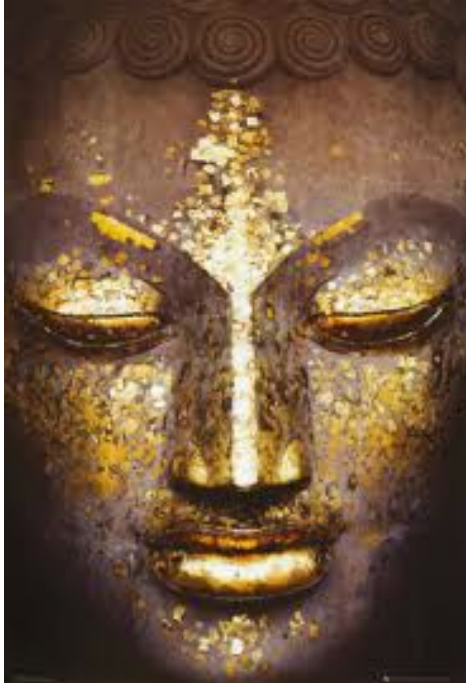


# Insight Meditation Retreat

## Awakening the Heart and Mind

7<sup>th</sup> – 14<sup>th</sup> June 2019

'Sangsurya' – Byron Bay



Insight meditation allows us to examine the habitual patterns of mind that create confusion, anxiety and pain. Through the practice of calmness, mindfulness and inquiry we can cultivate wisdom and open the heart. Inquiry awakens us to our true nature, allowing a sense of profound ease and connection with life.

This is a silent retreat with the retreat program consisting of sitting, walking and guided meditations, meditation instruction, group and individual meetings with teachers, open inquiry sessions, evening Dharma talks, mindfulness work periods, free time and optional yoga periods.

**This retreat is for both experienced and new meditators**

**Subhana Barzagli** has devoted her life to guiding people along their spiritual path. Insight, awareness, mindfulness practices and the spirit of inquiry are the foundations of her practice for cultivating embodied presence and living an awakened life. Subhana is a senior Insight and Zen meditation teacher with over thirty years experience and regularly leads both Insight and Zen retreats in Australia and New Zealand.

**Carol Perry** has 40 years experience in the Insight tradition. She is a senior teacher with Melbourne Insight Meditation. In 1972 Carol co-founded a rural community where she continues to live and grow. Carol is a long time social activist on ecological and social justice issues and is passionate about supporting cohesive and harmonious community in all its forms.

**Cost for this 7 day retreat** – this is the cost for accommodation and three vegetarian meals a day.

Standard shared rooms: **\$780**

Single room with ensuite: **\$850** (limited number available)

Camping: **\$500** (limited number available)

Those in need of support can apply for a scholarship, see contact below.

**Dana:** Teachers in accordance with a 2,500 year old Buddhist tradition provide the teachings as a gift and rely on your return of that gift in the form of Dana (financial generosity).

**Venue:** 'Sangsurya' at Byron Bay is a beautiful, tranquil and comfortable venue, a favourite with regular retreat participants.

**Bookings:** Registration forms can be downloaded from: [www.insightmeditationaustralia.org](http://www.insightmeditationaustralia.org) or [www.dharma.org.au](http://www.dharma.org.au)

Contact: Sonja Andrey Email: [sandrey1550\(at\)gmail.com](mailto:sandrey1550(at)gmail.com) (replace (at) with @)