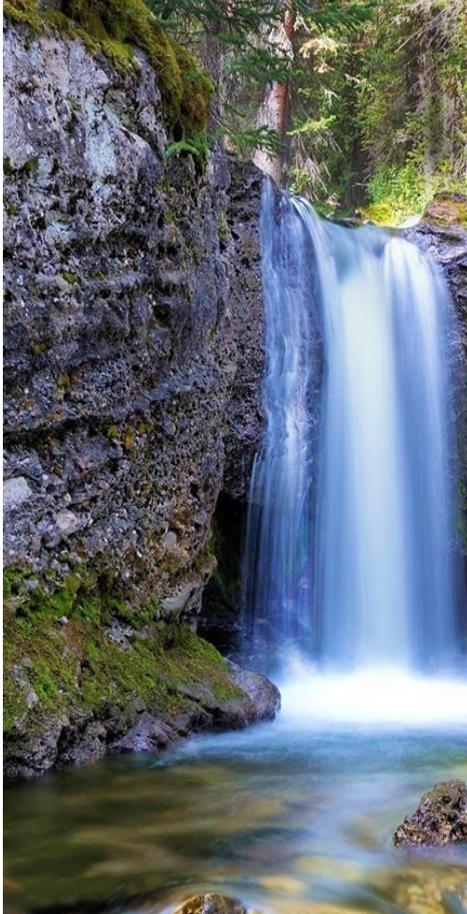


Embodied Wisdom and Compassion Insight Meditation and Qigong retreat

1st - 7th October 2021
'Sangsurya' Retreat Centre Byron Bay



The Buddha said, that within this fathom long body lies the answers to the universe. The body keeps the score, it is a library, a research station for exploration and foundation for insight, it is an ancient treasure map if we are willing to listen. The body is a lion of courage, a temple for our practice, a crucible for transformation. By cultivating a mindful, embodied, compassionate presence we can release stress, untangle those knots of tension and find nourishment, replenishment and grounding. To advocate for the flourishing of life each one of us must return again and again to the ground of our own aliveness. As we cultivate a regenerative culture within we can move toward a life-sustaining community and society.

The schedule includes: sitting & walking meditation, meditation instructions, open inquiry sessions, Dharma talks, daily Qigong class. Retreat is suitable for beginners and experienced meditators.

Teachers:

Subhana Barzaghi is a senior guiding teacher in the Insight Meditation and Zen Tradition with forty years of experience in leading workshops and retreats. Subhana is an experienced psychotherapist and Director of the Insight Meditation Institute. She teaches; embodied awareness practices, cultivating wisdom and compassion and the spirit of inquiry as foundations for living an awakened compassionate life.

www.subhana.com.au

Shirsha Marie is a Somatic Psychotherapist who has taught mindfulness in movement through Tai Chi, Qigong and traditional martial arts for over 35 years. She delivers the subtleties and depths of Qigong with warm-hearted expertise, and makes this meditative practice accessible and enjoyable for everybody.

www.heartmindcentre.com.au

Cost for 6-day retreat – accommodation and three vegetarian meals per day.

- Limited Single room: **\$1,040.00**
- Twin Share: **\$740.00**
- Camping & Van: **\$500** (limited number available)

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 light filled venue, a favourite with regular retreat participants.

Bookings:

Step 1: Make your full payment [Here](#)

Step 2: Fill up [Registration Form](#)

NB: We need your completed registration form and full payment to secure your booking.

Cancellation less than two weeks before the event may incur a cancellation fee of \$200.

***If Cancellation is due to Border Closures and Covid restrictions you will receive a full refund.**

Some limited scholarships available for those with limited means. For information on how to apply please contact Sandi Middleton Email: sandi.middleton.consulting [at] gmail.com (replace at with @) Mobile: 0415749714

After receipt of your registration form and payment your booking will be confirmed. Further information providing directions, what to bring will be sent to you. Should the course be full, you will be notified and your name will be placed on a waiting list. You will be contacted if a place becomes available. Early registration and payment is suggested, as places are limited.