

# Embodied Wisdom and Compassion Insight Meditation and Qigong Retreat

6th to 12th October 2023

Venue: Sangsurya Retreat Centre, Byron Bay



**Insight meditation** practice explores the whole mind body unity with curiosity and mindfulness. The Buddha claimed that, 'Within this fathom long body lies the path to wholeness and awakening.'

As an ancient treasure map the body is a crucible for inner transformation. With mindful, embodied, compassionate presence we can untangle and release those knots of tension and contracted identity and find replenishment, grounding and insight. For life to flourish each one of us must return again and again to the ground and refuge of our own wakeful presence and aliveness.

**Qigong** is an ancient practice that stems from China and the nature-based philosophy of Taoism. Its traditional self-healing exercises and meditative techniques provide a broad range of both preventative and curative health benefits.

The words 'Qi Gong' mean *energy work*, that is, the cultivation of vital life energy. The system integrates body, breath and mind into a harmonious whole through co-ordinating soft flowing movement, deep rhythmic breathing and a calm meditative state of mind.

**The schedule includes:** sitting & walking meditation periods, daily meditation instructions, open inquiry sessions, Dharma talks and two daily Qigong classes.

**Retreat is suitable for beginners and experienced meditators.**

## Teachers:

**Subhana Barzaghi** is a senior guiding teacher in the Insight Meditation and Zen Tradition with over 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](http://www.subhana.com.au)

**Shirsha Marie** is a Somatic Psychotherapist in Byron Bay. She has over 38 years of experience teaching mindfulness in movement through the internal martial arts and health systems of Tai Chi and Qigong as well as traditional Korean martial arts. Shirsha 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](http://www.heartmindcentre.com.au)



### **Retreat cost includes; Accommodation & vegetarian meals only.**

Twin Share Accom: **\$775.00** Limited Single room/ensuite: **\$1,070.00** Van site: **\$535.00**

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

**Bookings and Registration:** <https://www.trybooking.com/CJNZW>

**We need your completed registration form and full payment to secure your booking.** Early registration and payment is suggested as places are limited. There are some limited scholarships available for those with limited means.

For inquiries please contact Sandi. **Email:** sandi.middleton.consulting at gmail.com (replace at with @) **Mobile:** 0415 749 714

After receipt of your registration form and payment your booking will be confirmed. 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.