



# *Impossible Joy* CELEBRATING LIFE IN THE MIDST OF THE DIFFICULT

## **RETREAT PROGRAM:**

Each day will begin with an early morning meditation. Subhana will lead a creative writing period midmorning. Sallie will lead mosaic tiling in the afternoon. Shirsha will lead Qigong. The evening session will include; meditation, dance and an optional sharing circle.

## **VENUE:**

'Sangsurya', Byron Bay. A favourite with the regulars, it's a beautiful, tranquil & comfortable venue.

## **RETREAT COSTS:**

Share accom \$830. Limited single Accom & ensuite \$1,130. Van \$580. Covers only accommodation and three gourmet vegetarian meals a day & general expenses.

## **WHEN:**

2.30pm on 7 July to 2pm on 13 July, 2023

## **CONTACT: Sandi**

sandi.middleton.consulting  
(at)gmail.com

Art work by Craig Ruddy

## **A BUDDHIST CREATIVITY AND MEDITATION RETREAT**

Join us for six days in which we explore the ways that joy arises from both light-hearted and difficult circumstances as a celebration of our tender and resilient human heart. We'll use the 'skillful means' of - meditation, writing, and mosaics to invite joy to express itself in word and creativity, to uplift, inspire and heal the heart and mind.

**Subhana Barzagli, Shirsha Marie & Sallie Portnoy**

**7—13 July 2023, SANGSURYA, BYRON BAY**

**SUBHANA** has a passion for creating beautiful, wild, wise, healing, sacred places in the inner landscape of the heart-mind, through meditation, art making, writing and psychotherapy. Subhana is a Zen Rishi, a guiding teacher for Sydney Zen Centre and Insight meditation teacher. She leads intensive retreats throughout Australia & New Zealand.

**SHIRSHA** is somatic psychotherapist and teaches mindfulness of movement through the internal martial arts of Tai Chi and Qigong. Her expertise and warm-hearted style makes the healing arts accessible for everyone.

**SALLIE** is a figurative sculptor, ceramic artist and designs interior & exterior mosaic tiled floors and walls.

**DANA:** Teachers in accordance with the Buddhist tradition provide their teachings as a gift (dana) and rely on your return of that gift in the form of financial support.

Book here - <https://www.trybooking.com/CHOKM>