



# **From Insight Meditation (Vipassana) to Freedom**

**With Christopher Titmuss and Jess Huon**

**A silent meditation retreat at the**

**Forest Meditation Centre, Dharmananda, The Channon**

**10<sup>th</sup> to 15th November 2018**

**Registration form/information: [www.dharma.org.au](http://www.dharma.org.au) or email**

**Jen Ireland: [cycad5\(at\)iprimus.com.au](mailto:cycad5@iprimus.com.au)**

**Please contact Jen to discuss conditions at the Forest Meditation Centre and accommodation options *before* booking or paying the retreat fee**