



Taking Refuge in Freedom - A Forest Retreat

With Christopher Titmuss and Radha Nicholson

A silent meditation retreat at the

Forest Meditation Centre, Dharmananda, The Channon

26th November to 1st December 2017

**Registration form/information: www.dharma.org.au or
email jen at: [cycad5\(at\)iprimus.com.au](mailto:cycad5@iprimus.com.au)**

**Please contact Jen Ireland to discuss conditions at the Forest
Meditation Centre and accommodation options
before booking**