

Insight Meditation and Yoga Retreat

Christopher Titmuss and Radha Nicholson

With Yoga teachers Consta Georgoussis and Davina Kruse

Friday 12th Nov. – Wed. 17th Nov. 2010

New Venue Yarrahapinni, Scotts Head – Mid North Coast NSW

This is our first Dharma Yoga retreat. We regard it as a creative initiative to share the wisdom and practices of two great traditions of India. The days will consist of meditation, yoga study of the Patanjali Sutta, discourses of the Buddha, two asana classes a day as well as Dharma teachings and instructions. There will be extended periods of silence during the day. We would like to encourage Dharma and Yoga practitioners to meet to share experiences and deepen appreciation for the practices of both traditions.

Christopher Titmuss has been teaching Awakening and Insight meditation worldwide for 30 years. He is a senior Western Dharma teacher and his approach emphasises freedom, compassion and social responsibility. He was a Buddhist monk in Thailand and India for 6 years and has written numerous books, including Light on Enlightenment and Transforming our Terror.

Radha Nicholson teaches the cultivation of wisdom and compassion through Insight. Her teachings focus on Inquiry and the non-dual nature of reality. She is a guiding teacher for Bay Insight in Byron Bay and teaches retreats in Australia and India. She co-facilitates the Australian Dharma Facilitators Program. Radha is a registered psychologist.

Consta Georgoussis has practiced Hatha Yoga for 20 years and taught for more than 10. The main theme of his teaching style is to help students connect with their vital force in a way that allows one to relate with others and their environment in a compassionate manner.

Davina Kruse is a senior Yoga teacher and teacher trainer at the Byron Yoga Centre. She has been practicing Hatha yoga for 13 years and teaching for 5. She teaches gentle, flowing yoga with pranayama.

Venue:

Yarrahapinni Ecology Centre is an environmental study centre situated on 30 hectares of coastal rainforest right on the beach just north of Stuarts Point, midway between Sydney and Brisbane. Coffs Harbour is the nearest major airport and Macksville the nearest major town.

Cost - \$325 this covers accommodation and vegetarian meals.
Teachers do not receive any payment. They rely on Dana, a monetary gift or donation given to the teacher.

**For information and bookings – www.dharma.org.au
contact Meryl Karlson**

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