

Unlimiting Mind Unlimited Heart

Insight (Vipassana)
Meditation Retreat

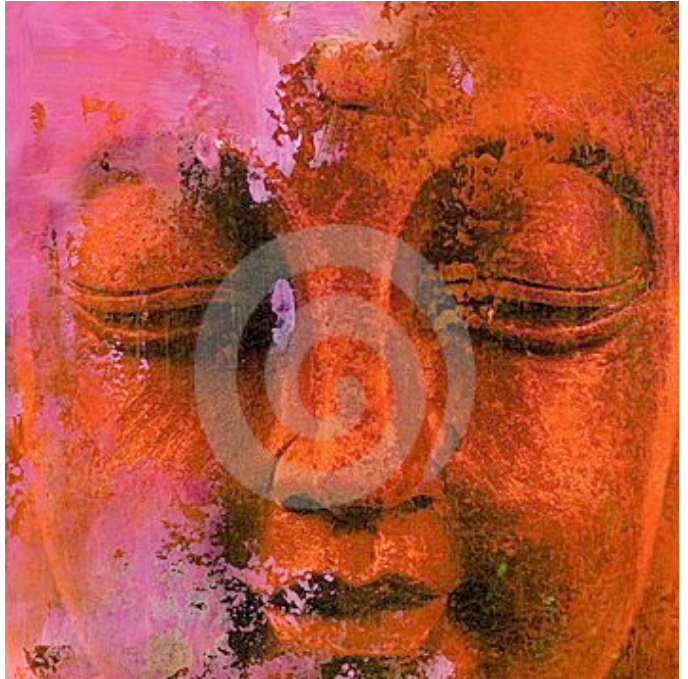
with

Subhana Barzaghi

&

Carol Perry

23rd – 29th June 2012, Byron Bay NSW



For beginners and experienced meditators

Insight meditation allows us to examine the habitual patterns of mind that create confusion, anxiety and pain. Through the practice of calmness, mindfulness and inquiry we can cultivate wisdom and open the heart. Inquiry awakens us to our true nature, allowing a sense of profound ease and connection with life.

Subhana Barzaghi is an Insight and Zen meditation teacher with over thirty years experience in Buddhist meditation. She is the guiding teacher for Blue Gum Sangha and the Sydney Zen Centre. Subhana regularly leads Insight and Zen retreats in Australia and overseas and has a psychotherapy practice in Sydney. (www.subhana.com.au)

Carol Perry has 36 years of insight meditation experience. She teaches the process of transformation on many levels and is committed to bringing insight into all facets of life. Carol is a Certified Hakomi Therapist. She leads retreats, groups and Mindful Communication Workshops and has a mindfulness-based psychotherapy practice in Lismore NSW and Melbourne. (www.ntpages.com.au/cperry)

Yoga Teacher – Kate Pell is a senior yoga teacher and has two yoga studios in West End, Brisbane www.yogapresence.com.au

Retreat schedule: The varied schedule has silent periods of sitting, walking and standing meditation; 2 yoga sessions daily (optional); private and group interviews, open questions and inquiry sessions with teachers; Dharma talks, meditation instruction periods, guided meditations, mindfulness work periods and free time.

Venue: Sangsurya, Byron Bay NSW

Cost: \$500.00 accommodation, \$365.00 camping, covers accommodation, administration costs and three vegetarian meals a day. A limited number of concession places are available.

Costs do not include fees for the teachers. The teachers rely on your dana (donation)

For information and bookings: Contact Sonya Andrey, Email: sandrey-at-optusnet.com.au (replace -at- with @) Mobile: 0433804389 (text only, email contact is preferred). Flyers and registration forms can be downloaded from www.insightmeditationaustralia.org and www.dharma.org.au . Payments to: Kuan Yin BSB 637 000 Acc.No. 715806487 Ref. your name + June retreat