

# Insight Meditation Retreat

## Awakening the Heart and Mind

### 9th - 16th June 2023 'Sangsurya' – Byron Bay



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.

This is a silent retreat with the retreat program consisting of sitting, walking and guided meditations, meditation instruction, group and individual meetings with teachers, open inquiry sessions, evening Dharma talks, mindfulness work periods, free time and optional yoga periods.

**Suitable is for both experienced and new meditators**

**Subhana Barzaghi** is a senior guiding teacher in the Insight Tradition and Zen Tradition with over 40 years' experience in Buddhist meditation. Subhana is an experienced psychotherapist, clinical supervisor and trainer for Buddhism and psychotherapy courses. Subhana is a Director and trainer for the Insight Meditation Institute Inc. and the Mindfulness & Compassion teacher trainer course. She leads regular retreats, dharma gatherings and workshops throughout Australia and New Zealand.

**Carol Perry** has 40 year's experience in the Insight tradition. She is a senior teacher with Melbourne Insight Meditation. Carol is a long-time social activist on ecological and social justice issues. She leads a monthly Women's Wisdom & the Dharma group in the Northern Rivers area, mentors emerging teachers and is a Certified Hakomi Psychotherapist.

**Venue:** 'Sangsurya' Retreat Centre at Byron Bay

**Cost at Sangsurya\*:** \$1265 single/ensuite, \$915 shared room, \$635 campervan sites  
(Costs incl. general expenses, accommodation & food)

**Registration:** via Trybooking only - <https://www.trybooking.com/CGHYW>

**General enquiries & scholarships** please contact Sandi : [sandi.middleton.consulting\(at\)gmail.com](mailto:sandi.middleton.consulting(at)gmail.com)

**Dana:** Teachers in accordance with a 2,500 year-old Buddhist tradition provide the teachings as a gift and rely on your return of that gift in the form of Dana (financial generosity) to support the teachings.

\*A full refund will be given for any cancellation due to Covid. For other cancellations at Sangsurya, less than one week before the event, may incur a cancellation fee of \$250.