

The Heart of Freedom

Insight & Mindfulness Meditation Retreat

with

Subhana Barzagli

&

Ellen Davison

28th May – 4th June 2010

'Sangsurya' Byron Bay



For beginners and experienced meditators

Insight meditation allows us to examine and transform the habitual limited patterns of mind that create confusion, anxiety and suffering. The Dharma teachings, practices of mindfulness and the spirit of inquiry cultivate insight into the true nature of the heart-mind, which is essentially free, intrinsically empty, naturally radiant and ceaselessly responsive.

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

Ellen Davison teaches in both the Vipassana & Zen traditions & is a guiding teacher for the Kuan Yin Meditation Centre in Lismore & Bay Insight. She has over 30 years experience in Buddhist meditation & brings Insight & Joy to her teachings. Ellen regularly leads retreats & workshops throughout Australia.

Retreat schedule: The varied schedule has silent periods of sitting, walking and standing meditation; guided meditation instructions, guided yoga periods, optional exercise, private and group interviews, inquiry sessions with teachers; Dharma talks, individual and group meetings with the teachers, mindfulness work periods and free time.

Venue: 'Sangsurya' at Byron Bay is a beautiful, tranquil & comfortable venue - a favourite with regular retreat participants. www.sangsurya.com.au

Cost: \$460 covers accommodation and three vegetarian meals a day. A limited number of concession places are available, please apply early.

Teachers receive no payment; they rely on Dana (donation).

For information and bookings contact Sonja: sandrey@optusnet.com.au (replace & with @)

Application Forms may be downloaded from [here](#).