

The Earth is our Great Body

RETREAT PROGRAM:

Each morning will begin with an early meditation. Subhana will guide creative writing practices mid-morning and mosaic tiling work. Lizzie will guide creative art and embodiment practices in the afternoon period. There will be space for personal creative work. Evening will include; dharma talks, sharings, poetry, dance and relaxation.

VENUE:

The retreat venue of 'Sangsurya' Byron Bay is a beautiful, tranquil and comfortable venue.

COST:

Standard twin share \$700
Single room /limited \$780
Camping Option/limited: \$450
Cost covers accommodation plus 3 gourmet vegetarian meals a day. Limited concession places available.

DATES:

9th – 15th August, 2019.

CONTACT:

LISA SIEGEL
augustcreativityretreat@
gmail.com.

Mobile: 0423 362 844

Artwork: Craig Ruddy

In this retreat we will follow the ancient wisdom within our own personal bodies and attune to the extraordinary interconnectedness with the Earth, our Great Body, our precious source of everything. Through meditative inquiry, creative writing, art making and mosaic tiling we can explore a wise relationship between our lived bodies and the earth's abundant wild intricate beauty?

The retreats rhythm of silence and creative expression allows the body of feeling, movement and imagination to become a creative act of joy, love and healing. In this time of environmental crisis it is so very important to nourish our souls, strengthen our capacity to bear witness and respond with compassion and courage.

SUBHANA BARZAGHI  **LIZ TURNBULL PhD**

A BUDDHIST MEDITATION AND CREATIVITY RETREAT

9—15 AUGUST 2019, SANGSURYA, BYRON BAY

SUBHANA Subhana is a Zen Buddhist Roshi, Insight meditation teacher and psychotherapist. She has a passion for creating beautiful, wild, sacred places in the inner landscape of the heart-mind and in the world through meditation, art making and creative writing that offer inspiration, healing and serenity. She leads intensive retreats throughout Australia and New Zealand.

Website: subhana.com.au

LIZ Lizzie is a long-term Buddhist practitioner, Insight meditation teacher and somatic psychotherapist in private practice in the Byron Shire. She is a trainer for AABCAP professional psychotherapy training, leads workshops and retreats. Her work occupies the liminal zones or meeting places of mindful presence, embodied expression, depth psychology and art practice as forms of healing ourselves and our world.

Website: lizturnbull.com.au

DANA: Teachers in accordance with the Buddhist tradition provide their teachings as a gift (dana) and rely on your return of that gift in the form of financial support.