

# Insight Meditation Retreat

## Awakening the Heart and Mind

10th - 17th June 2022, Sangsurya Retreat Centre, 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 for both experienced and new meditators.**

**This retreat will be offered both in person and online.**

**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 years experience in the Insight tradition. She is a senior teacher with Melbourne Insight Meditation. In 1972 Carol co-founded a rural community where she continues to live. 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 and is a Certified Hakomi Psychotherapist.

**Alan Bassal** has been studying and practicing Buddha's teachings for over 35 years beginning in the Vipassana meditation tradition and then developing in Eastern & Western Insight. Alan is a director and trainer for the Insight Meditation Institute and Mindfulness & Compassion Teacher Trainer course.

**Venue:** 'Sangsurya' Retreat Centre at Byron Bay and online via Zoom

**Cost at Sangsurya:** \$1250 single/ensuite, \$900 twin share, \$620 van  
(Costs incl. general exp, accommodation & food) **Cost on-line zoom** - \$250.00

**Registration:** Online via Trybooking <https://www.trybooking.com/BXUJF>

**General inquiries & scholarships.** Contact Sophie E: [sophiesaemrow\(at\)hotmail.com](mailto:sophiesaemrow@hotmail.com) (replace at with @)  
A full refund will be given for any cancellation due to Covid. For those staying at Sangsurya, cancellations less than one week before the event may incur a cancellation fee of \$250.

**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.