

Insight Mindfulness Inquiry

Meditation Retreat

with

Subhana Barzaghi

&

Carol Perry

30th April - 7th May 2010

Rocklyn, Daylesford, Vic.



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. She regularly leads Insight and Zen retreats in Australia and overseas and has a psychotherapy practice in Sydney. (www.subhana.com.au)

Carol Perry has over 30 years of Insight meditation experience, is a member of the Insight Teachers' Circle, Australia and leads retreats, groups & dharma workshops. She also leads Mindful Communication workshops in Australia and overseas. Carol has a mindfulness-based psychotherapy practice in Lismore, NSW & Melbourne. (www.ntpages.com.au/therapist/8589)

Retreat schedule: The varied schedule has silent periods of sitting, walking and standing meditation; optional exercise periods (e.g. walking or yoga); 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: Satyananda Yoga Rocklyn, near Daylesford, Victoria

Cost: \$410.00 covers accommodation and three vegetarian meals a day.

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

For information and bookings contact **Karina de Wolf:** Email: redwolf-at-vic.chariot.net.au (replace -at- with @) or phone (03) 5472 2956. **Flyers and Registration Forms** may be downloaded from www.insightmeditationaustralia.org and www.dharma.org.au