

Insight / Mindfulness Vipassana Retreat



Will James & Ellen Davison

20th - 27th January 2012
'Sangsurya' Byron Bay

This retreat offers an ideal opportunity for established meditators to deepen their practice. Those new to meditation can experience a valuable but gentle introduction to silent meditation & the Dharma teachings in a welcoming, supportive environment.

Insight meditation allows us to see clearly the reactions and distortions that arise in our daily life. It cultivates an awareness of the freedom and clarity that is available in each precious moment.

Will James teaches at the Tallowwood Sangha in Bellingen, he regularly leads retreats on the east coast, has taught at the Dharma Gatherings in Australia & India, teaches a Mindfulness Training Course & assists with the Australian Dharma Facilitators Program.

Ellen Davidson is a Zen teacher in the Diamond Sangha lineage, leading meditation groups and retreats in both the Zen and Vipassana traditions. Ellen is a retired psychologist and counsellor who emphasises the importance of applying one's meditation practice to all aspects of daily life.

Retreat schedule: The schedule has silent periods of sitting, walking and standing meditation; guided meditation instructions, daily movement class, 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.

Cost \$480 covers the expenses of accommodation and three gourmet vegetarian meals a day. A limited number of concession places are available, please apply early.

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.

For information and bookings contact

Will on: (02) 6655 8613 or Liane at: mailtwd-january2012@yahoo.com.au

Application Forms may be downloaded from www.dharma.org.au or www.insightmeditationaustralia.org