

Teaching Schedule 2023 Radha Nicholson

January 6-12 Sangsurya, Byron Bay

The Heart of Freedom

This retreat is currently fully booked with a waiting list. See the poster for more information.

March 3-4th Hyderabad, India

Meditation and Inquiry

A non-residential retreat March 3-4

This weekend workshop will use an interactive teaching style with periods of silence to inquire into the Buddha's teachings of awakening. The program will include silent sitting and walking meditation. This will be mixed with dynamic inquiries and opportunities for individual reflection.

Teacher: Radha Nicholson

Details to be advised. Contact Suchitra: s.shenoy@gmail.com

March 10-20th The Royal Thai Monastery, Bodhgaya, India "In the Footsteps of the Buddha"

A ten day silent Insight/Vipassana Retreat with Radha Nicholson. The focus will be on direct experiential understanding of the liberating teachings of the Buddha.

This is an opportunity to be part of a functioning monastery just a short walk from the place of the Buddha's awakening. My deep gratitude to the Venerable Lord Abbot Veerayutho for his invitation and kind offer of accommodation and meals. The facilities in the new International Meditation Centre are excellent for dedicated practice.

Teacher: Radha Nicholson

For Bookings and information please email Tim Dawson:
insightbodhgaya@proton.me

July 14-20th, Sangsurya, Byron Bay

**An Insight Meditation Retreat:
Exploring the Liberating Teachings of the Buddha**

Teachers: Radha Nicholson and Will James

This retreat will explore the direct understanding of the liberating teachings of the Buddha through inquiry into natural freedom of the heart/mind. Through attention and the practice of inclining the mind to freedom, the destructive habitual patterns and pathways of the mind are no longer supported. In this way, there is the possibility of a breakthrough to the profound knowing of freedom.

This retreat will be organised by Tallowood Sangha through the Humanitix booking platform. Bookings will open two months prior to the retreat.

July 28-August 3 Pauenhof, Germany

Finding Stillness

Find stillness and allow natural wisdom to surface. This retreat will offer an in depth exploration of the Buddha's teachings of liberation through sitting and walking meditation, inquiry and interviews with the teacher. It is suitable for both new practitioners and those with an already established meditation practice. The calm and beautiful surroundings of Pauenhof offer the opportunity for deep relaxation, connection with nature and the conditions for liberating insights into the deathless dharma.

Teacher: Radha Nicholson

For booking send an email to Klaudia: frominsighttowisdom@gmail.com

August 14th-20th Ein Dor, Israel

The Wisdom of the Heart

Through mindful attention we discover natural wisdom and freedom of heart. This retreat will offer in depth instructions from the Anapanasati Sutta, the Sutta on Mindfulness with Breathing and is suitable for beginners as well as experienced practitioners. The focus will be on direct understanding, wisdom and insight into immanent freedom of heart.

Teachers: Radha Nicholson and Yonathan Dominitz

For bookings and information: www.tovana.org.il

August 22nd -28th Ein Dor, Israel with Sandhya Bar-Kama

Stillness, Insight and Liberation

Discover and deepen the heart's capacity for stillness and natural freedom. By inclining the heart/mind to freedom, our habitual capacity to construct and fabricate the problematic is unsupported.

This retreat is for experienced practitioners and will explore the Emptiness Teachings of the Buddhadharma.

For bookings and information see: www.tovana.org.il

August 30th-September 2nd, Ein Dor, Israel

The Wisdom of the Way

Access natural wisdom and freedom of heart through direct experience of the liberating teachings of The Buddha. As we turn our attention from the habitual pathways of the heart-mind we discover a way of being with life which is not self centred. This transformation opens out consciousness and is liberating.

Teachers: Radha Nicholson and Lila Kimlhi

For bookings and information see:www.tovana.org.il

September 8-9th The Wisdom of Ageing Group, Tel Aviv city retreat Non-residential

Cultivating Wisdom through Inquiry

On this non-residential weekend retreat Radha will use an interactive teaching style with periods of silence, sitting and walking meditation mixed with dynamic inquiry questions.

Further details will be found at www.tovana.org.il

September 29-October 5th, Sangsurya, Byron Bay with Priscilla Maxwell

Stillness, Insight and Liberation

Discover and deepen the heart's capacity for stillness and natural freedom. When we no longer see from a self-centred perspective, consciousness is unbound and vast revealing the non-dual nature of reality.

On this silent retreat there will be meditation instructions in the four postures, sitting, walking, reclining and standing, daily dharma talks and inquiry as well as individual interviews with the teachers.

Teachers: Radha Nicholson and Priscilla Maxwell

This retreat will be organised by Victoria at Kuan Yin Meditation Centre and bookings will open on TryBookings three months prior to the retreat.

November 3-9th, Sangsurya, Byron Bay

A Silent Insight/Vipassana Meditation Retreat

The focus of this retreat will be the direct understanding of the teachings of the Buddha of Liberation and Freedom. There will be daily instructions, periods of walking and sitting, standing and reclining as well as Dharma talks and Inquiry.

Teachers: Radha Nicholson and Will James

This retreat will be organised by Tallowwood Sangha through the Humanitix booking platform. Bookings will open two months prior to the retreat.

December 9-15th, Sangsurya, Byron Bay

Meditation and Inquiry

This silent retreat will explore the liberating teachings of the Buddhadharma through direct experience. There will be meditation instructions, periods of sitting and walking, inquiry and dharma talks. It is suitable for new and established retreatants.

Teachers: Radha Nicholson and Will James

This retreat will be organised by Tallowwood Sangha through the Humanitix booking platform. Bookings will open two months prior to the retreat.

Bay Insight Weekly Meditation Group Byron Bay

Each Wednesday Evening Bay Insight Meditation meet at Bamboo Yoga, Bangalow Road from 7.00-8.30 pm. There is a sitting, short dharma talk and inquiry together. The evening is supported by donation.

You will find us at the back of the Integrated Medical Centre. All welcome.