The inner revolution: an Insight Meditation Retreat

24-31 January, 2020
at Sangsurya Retreat Centre, Byron Bay

with Subhana Barzhagi & Will James

This is an opportunity to deepen our understanding of the Dharma teachings and practices and to experience the freedom that is possible in each moment.

Subhana Barzaghi is a senior guiding teacher in the Insight Tradition and a Zen meditation teacher, with over 30 years’ experience in Buddhist meditation. Subhana is an experienced psychotherapist, clinical supervisor and trainer for Buddhism and psychotherapy. She leads regular retreats, dharma gatherings and workshops throughout Australia and New Zealand. subhana.com.au

Will James has practiced Insight meditation for over 30 years and has taught for 13 years. He is the resident teacher at Tallowwood Sangha and regularly leads meditation retreats in Australia & Bali. Will also teaches Dharma study with an emphasis on the Wisdom Teachings of the Buddha. willjamesinsight.com

This silent retreat consists of sitting, walking & guided meditation, meditation instruction, Dharma talks, inquiry sessions & interviews.

Cost: $775 share/$875 single room/$550 camping - covers accommodation and three gourmet vegetarian meals a day.

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

Tallowwood Sangha does offer financial assistance for those under 25 and for those in financial difficulty. Contact us for more information.

Go to tallowwoodsangha.org.au or contact tallowwoodretreat@gmail.com for more info