

# The Depth of Inquiry

## An Insight Meditation Retreat

### with Subhana Barzaghi & Will James

### 23 - 30 January 2021



**@ 'Sangsurya', Byron Bay**

Insight meditation allows us to see clearly into the reactions and distortions that arise in our daily life. Out of this clear awareness comes a stillness of mind that opens to the immensity and wonder of life.

**Subhana Barzaghi** is a senior guiding teacher in the Insight Tradition and a Zen meditation teacher with over thirty 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.

**Will James** teaches seeing into the dependent arising and empty nature of all phenomena. From this seeing a deep understanding that frees the mind and opens the heart is possible. Will is the resident teacher at the Tallowwood Sangha in Bellingen. He regularly leads retreats in Australia and Bali and has taught at Dharma Gatherings in Australia & India.

**Venue:** 'Sangsurya' at Byron Bay is a beautiful, tranquil & comfortable venue -

**Cost:** \$850 single, \$770, twin share, for couples, housemates or friends \$450 camping (limited)

This covers accommodation, catering (healthy vegetarian meals), and administrative costs.

*The retreat is run on a non-profit basis, and the teachers rely on the Buddhist tradition of Dana (donation) for support.*

**For information please contact Ali**

[alibarlow@netspace.net.au](mailto:alibarlow@netspace.net.au) or phone: 0406016408

**Information and registration forms may be downloaded from [www.tallowwoodsangha.org.au](http://www.tallowwoodsangha.org.au)**



**a Tallowwood Sangha event**