

Mindfulness, Insight & Liberation: A Silent Insight Meditation Retreat



30th November to 6th December 2019

Sangsurya ~ Byron Bay, NSW

Christopher Titmuss & Samantha Coker-Godson



A classical 'Insight/Vipassana' meditation retreat offering meditation instructions, dharma talks, individual interviews & inquiry sessions.

This retreat offers training of the heart & mind to the realization of freedom from that which is problematic & the cultivation of the awakening factors.

Retreat fees: \$820; \$740 or \$500

Bookings open: 1st August 2019

.... Suitable for both new & experienced meditators



Application form & information available at: www.tallowwoodsangha.org.au
www.dharma.org.au or www.insightmeditationaustralia.org

Email Contact : ctscg19@gmail.com

** This is a Tallowwood Sangha Incorporated Event**