



Wisdom & Compassion
Insight Meditation Retreat
22-29 January 2022

Retreat Information

This retreat is being offered both in person and online via Zoom.

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.

Teachers:

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

Will James is the guiding teacher at the Tallowood Sangha in Bellingen. He regularly leads retreats in Australia and Bali, has taught at the Dharma Gatherings in Australia and India, and is a Senior Mentor for the Insight Meditation Institute.

Alan Bassal has been studying and practicing Buddha's teachings for over 35 years beginning in the Vipassana meditation tradition and then developing in Eastern & Western Insight. Alan will be assisting with the on-line teaching.

Registration and Payment Procedure:

All bookings for this retreat will be via our Humanitix ticketing website at this link:

<https://events.humanitix.com/wisdom-and-compassion-insight-meditation-retreat>

*****Registration will open on Wednesday, 1 December at 9am (NSW). The link will not be active before that time*****

Tickets for each type of accommodation will be available until sold out. A wait list for each ticket type will then be activated, and we will notify you if and when a spot comes up.

Cost of event:

\$1,200 single room with ensuite

\$850 shared accommodation with ensuite

\$700 concession – shared accommodation with toilets accessed from outside

\$600 camping (van only)

\$150 Online

The on-site retreat fee covers three vegetarian meals per day, accommodation, hire of the facilities, teacher travel costs, insurances, and administration expenses. The retreat is managed on a not-for-profit basis.

You can also attend the retreat virtually via Zoom. You can follow as much of the retreat schedule as your inclination and circumstances permit. To get the most benefit, we suggest you commit to attend at least the instruction and inquiry sessions, and evening Dharma talks. You will also be included in small group sessions. More information will follow after you register.

Concession places:

Tallowood Sangha offers concession places for people who are experiencing financial difficulty, and we also offer concession places for people under 25 years old. Please choose the "concession" option in the Humanitix registration only if you fit these criteria.

If you would like to contribute towards supporting our concession places, please add \$25 (or whatever sum you wish) via the Donation button on the Humanitix registration page.

Cancellation:

If for any reason you are unable to attend, please let us know as early as possible. Cancellations will incur an administration charge of \$50. Cancellations less than 7 days prior to the retreat commencement will incur a \$250 cancellation fee. If the cancellation is due to COVID restrictions, you will receive a full refund, less any Humanitix fees.

Covid Protocols for your Safety:

All necessary precautions will be in place during the retreat. Detailed information on participant requirements, hygiene and mask and distancing rules will be advised prior to the retreat to ensure the safety of all.

Venue:

Sangsurya Retreat Centre, 95 Old Bangalow Road, Byron Bay www.sangsurya.com.au

Sangsurya is a beautiful retreat centre overlooking the ocean, with walking trails in a lush bush setting. Participants are also welcome to enjoy the swimming pool at appropriate times. Directions available from: <http://maps.google.com.au/maps>

Parking at Sangsurya is limited. To assist the environment and reduce congestion, please carpool if you know others who will be attending from your area.

Arrival/Departure times:

Please arrive between 3:00pm and 5:00 pm on Saturday, 22 Jan. This will allow you time to complete your registration, settle into your accommodation, set up your cushion in the hall and orientate yourself before a light meal around 6pm. The retreat commences after the evening meal and it is important that everyone is seated in the hall by this time.

The retreat will finish after lunch on Saturday 29 Jan.

Accommodation: There are single and shared cottages and rooms with 1-3 beds in each room. Most rooms have ensuites, some have shared bathroom/toilets. There will be separate accommodation for men and women although couples may share. There are three van camping spots only.

Attendance: It is important that participants arrange their personal affairs before the retreat so that they can remain at the retreat venue and be undisturbed by external matters for the

duration of the retreat. Should you find it necessary to leave the venue during the retreat it is very important that you inform the retreat manager prior to leaving.

Schedule: The full days have an early optional exercise period e.g. yoga, walking or individual exercise. The retreat program consists of sitting, standing, walking & guided meditation, meditation instruction, group and individual meetings with teachers, inquiry sessions, evening Dharma talks and daily mindfulness work periods.

The retreat is conducted in silence apart from meetings with teachers and essential communication.

Meetings with the teachers are an essential aspect of the retreat and will be in a small group format. There will also be opportunity for individual interviews with teachers during the week.

Mindful Work Periods: To minimize the daily cost of the retreat and to give participants the opportunity of contributing to the shared experience of retreat life there are some varied work tasks to be undertaken. These include assisting with kitchen/meal duties, cleaning and weather permitting, optional light gardening. If you intend to help with the gardening we recommend you bring suitable clothing and footwear.

Dana: Insight Meditation teachers give generously of their time and energy during retreats. They receive no payment for this and are supported by donations from those attending retreats.

A Dana (donation) box will be placed inside the meditation hall for donations to support the teachers. Your gift of dana will assist Subhana and Will to continue to give their time to you and other students.

What to Bring (on-site) or prepare (at home):

- Meditation cushions and mat:
Firm cushions are required to provide sufficient support to elevate your pelvis about 10cm off the ground; use with a soft cushion on top if needed for comfort. A mat or folded blanket is essential to relieve pressure under the legs. A kneeling meditation bench is also a good alternative if you have one and chairs are available.
- Clothing:
Comfortable, modest clothing suitable for sitting, yoga, walking and work period, long sleeved, light coloured clothing can give some mosquito protection.
- Meditation shawl or wrap:
The weather can be variable and may be cold in the early morning and evenings or if it rains, so bring something warm to wrap yourself in.
- Torch with extra batteries: Sangsurya is in a forest setting and even though there is path lighting, a torch is handy for moving around the area at night.
- Water bottle (please leave outside the meditation hall):
Filtered water is available at the meditation hall and in the dining room.
- Rain/sun protection:
Bring a hat, umbrella and/or rain coat and outdoor footwear for walking meditation periods.

- Other useful items:
Mosquito repellent and sunscreen.
Yoga mat if you wish to participate in yoga.
Personal toiletries.
- Things to note:
There are some laundry facilities available.
All bedding and linen including towels, sheets, blankets and pillows are provided.
Please pack carefully as participants are expected to remain at the venue for the entire retreat without access to shops.
You may find it useful to have pen and paper for making notes during the retreat.
This list is not exhaustive but covers most essential items that you will require

Etiquette on Retreat:

The retreat will be run under the protection of the five precepts to create a safe and supportive environment. All participants are invited and encouraged to take up the five retreat precepts.

The teachers are also committed to this practice. If any student suspects that an insight teacher is slipping in ethical conduct, they are asked to discuss this with the manager.

The Five Precepts for the retreat are to take up the practices of:

1. Cultivating kindness and restraining from harmful actions.
2. Cultivating appreciation and generosity with possessions and restraining from taking what is not freely offered.
3. Cultivating inner joy and contentment and restraining from sexual expression.
4. Cultivating truthful and appropriate communication and restraining from speech that distorts or is damaging.
5. Cultivating clarity and restraining from habits that create dullness or heedlessness.

Further information:

If you require further information please contact retreat manager Ali - phone: 0406 016 408

Or email: tallowwoodsangha@gmail.com