

a Tallowwood
Sangha
event...at
beautiful
North Farm
Bellingen
NSW



Thurs
-Sun

22-
25
Nov
2018

Insight Meditation Spring Retreat

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

All costs include accommodation and meals:

\$280 - camping with hot shower and toilet facilities

\$350—limited shared room accommodation

Teachings are by dana (donation.)

Tallowwood Sangha offers financial assistance for those under 25 and for those in financial difficulty.

Insight Meditation and an idyllic environment combine to open our hearts and deepen our understanding.

Meditation teacher Will James will lead this silent Insight meditation retreat. This is an opportunity for practitioners to deepen their understanding of the Dharma and for those new to Insight Practice to gain an understanding of the teachings and practices.

Will has practiced Insight meditation for over 30 years and has taught for over 10 years. He is the resident teacher at Tallowwood Sangha and regularly leads meditation retreats in Australia and Bali.



Booking and info
www.tallowwoodsangha.org.au
Or email us at
tallowwoodsangha@gmail.com