

Freedom of the Heart

Insight/Mindfulness Meditation Retreat Now On-line



10th - 15th September 2021

Sangsurya, Byron Bay

With Ellen Davison & Radha Nicholson

This September Retreat will now be offered on-line due to the current Covid regulations in NSW.

The on-line program will consist of a structured timetable with periods of meditation. There will be instructions from the Anapanasati Sutta and also instructions on the four postures, sitting, walking, standing and reclining, guided meditations, inquiry, Q&A, and dharma talks. An evening program will offer Metta meditation and practices to open and free the heart. The emphasis will be on the cultivation of wisdom through direct experiential non-dual understanding. Themes will include an exploration of the Buddha's teachings of Liberating Wisdom, Loving Kindness and Compassion, Understanding the Emptiness Teachings and Living Consciously in Challenging Times.

The cost for this retreat is \$150.00 which will go towards the upkeep of Sangsurya Retreat Centre as it is now unable to operate due to Covid lockdown restrictions. At the end of the retreat, in keeping with the tradition, there will also be a request for Dana to support the teachers.

For further retreat information and bookings please email:
radhanicholson@gmail.com