

# Ocean of Breath, Ocean of Love

## Insight Meditation Retreat



**Friday March 11<sup>th</sup> - Thursday 17<sup>th</sup> 2022**

**At Sangsurya Retreat Centre, Byron Bay**

**With Ellen Davison and Lizzie Turnbull**

In the Anapanasati Sutta we find the Buddha's guidance on mindfulness of breathing. Following, resting into and enjoying the breath supports an easeful and tranquil way of being. The body relaxes and the mind becomes clear. This is so supportive. We settle, we become peaceful and we learn to release and let go of what is unhelpful, of what prevents wholeness. From this we learn to meet experience in loving presence, skilful understanding and wide-open awareness.

This silent retreat offers the opportunity to deepen one's practice and settle into our innate nature. It is suitable for both beginners and more advanced practitioners

The schedule includes guided meditations, Dharma talks, sitting and walking meditation, inquiry and somatic practices.

**Ellen Davison** teaches in both the Insight/Vipassana and Zen traditions. She is the guiding teacher for Kuan Yin Meditation Centre in Lismore. Ellen's

teachings focus on the application of the teachings of the Buddha-Dharma to our everyday lives and to foster the direct seeing into experience which leads to understanding and wisdom. She has over 40 years' experience in Buddhist meditation and brings both wisdom and joy to the practice. Ellen regularly leads retreats in Australia. For more information about Ellen's teaching, go to [Insight Meditation Australia](http://InsightMeditationAustralia)

**Lizzie Turnbull** has been practising in the Dharma since 1985. She teaches in the Insight tradition and guides the Flowing Mountain Insight Meditation group in Brunswick Heads. She has long explored the fertile meeting ground of Buddhism and psychotherapy with a particular interest in how somatic practices support healing and awakening. Lizzie was a director of Somatics - Body Oriented Psychotherapy Training in Sydney and a teacher and supervisor on the AACAP Buddhism and psychotherapy professional training programme. She has a private practice in the Byron Shire. [www.LizTurnbull.com.au](http://www.LizTurnbull.com.au)

**The Venue:** Sangsurya Retreat Centre, 95 Old Bangalow Road, Byron Bay, is located in a tranquil rainforest with walking paths, wonderful gardens, views over the ocean and a swimming pool. Comfortable shared and single accommodation and some van sites are available. Delicious vegetarian food. Go to [www.sangsurya.com.au](http://www.sangsurya.com.au) for further information about the venue.

**Arrival/departure times:** 3-5pm on Friday 11<sup>th</sup> March to 2pm on Thursday 17<sup>th</sup> March

**Retreat Fees:**

|                                |        |
|--------------------------------|--------|
| Single room with ensuite       | \$1030 |
| Shared room with ensuite       | \$730  |
| Van site with outside bathroom | \$490  |

A couple of scholarship places are available in some circumstances. Please contact Victoria Wight at [kuanyinmeditation\[at\]gmail.com](mailto:kuanyinmeditation@gmail.com) (replace [at] with @) for information about how to apply.

The retreat fee is for venue hire, accommodation, 3 vegetarian meals per day, insurance, and administration costs. It does not include payment to the teachers.

**Dana** (the act of generosity) In keeping with a 2,500-year-old Buddhist tradition, teachers do not charge a fee for their teachings and offer the teachings as a gift and rely upon your return of the gift to be able to continue teaching. At the end of the retreat, you will be invited to offer a donation to support the teachers to continue their work.

Bookings and registrations are only via [TryBooking](#).

[BOOK HERE](#)

**Terms and conditions:** Full payment and completed registration are required to secure a place on the retreat. Cancellation less than two weeks before the event will incur a cancellation fee of \$200.

**Covid Protocols:** NSW health guidelines are followed at Sangsurya and the guidelines in place at the beginning of the retreat will be met to ensure safety for all.

**Further information:** For further information, please contact Victoria Wight by email to [kuanyinmeditation\[at\]gmail.com](mailto:kuanyinmeditation@gmail.com) (replace [at] with @)

See also [www.kuanyinmeditationcentre.org](http://www.kuanyinmeditationcentre.org)

