

# BUDDHA BY THE BEACH

## *A Dharma Gathering*

19<sup>th</sup> - 26<sup>th</sup> November 2010 ~ Mid-North Coast, NSW



*New and experienced meditators & families are welcome*

### ACTIVITIES

- \* Meditation practice
- \* Instruction
- \* Discussion groups
- \* Dharma talks
- \* Inquiry sessions
- \* Yoga
- \* Rainforest walks
- \* Swimming
- \* Deep Ecology Sessions

### TEACHERS

#### ❖ Christopher Titmuss

- ❖ Subhana Barzaghi
- ❖ Patrick Kearney
- ❖ John Seed
- ❖ Radha Nicholson
- ❖ Anna Markey
- ❖ Will James

**Christopher Titmuss:** lives in the UK and has been teaching Awakening and Insight Meditation worldwide for over 30 years. He is a senior Western Dharma teacher and his approach emphasizes freedom, compassion and social responsibility. He has written numerous books, including "Light on Enlightenment", "An Awakened Life" and "Transforming Our Terror." [www.christophertitmuss.org](http://www.christophertitmuss.org)

**Subhana Barzaghi:** teaches Insight Meditation in Australia, India and New Zealand. She is the founder of the Kuan Yin Meditation Centre in Lismore, teaches insight practice at the Blue Gum Sangha in Sydney and is head teacher at the Sydney and Melbourne Zen Centres. [www.subhana.com.au](http://www.subhana.com.au)

**Patrick Kearney:** teaches meditation throughout Australia and South East Asia. A Pali scholar, he has practiced meditation, primarily Vipassana and Zen, since the 1970s. [www.dharmasalon.net](http://www.dharmasalon.net)

**John Seed:** a founder and director of the Rainforest Information Centre in Australia. Since 1979 he has been involved in the direct actions which have resulted in the protection of rainforest areas in Australia, South America, Asia and the Pacific region.

**VENUE:** Yarrahapinni Ecology Centre – a forest site on the beach near Stuarts Point/Macksville, midway between Sydney and Brisbane. Coffs Harbour is the nearest airport.

Information, Fees & Registration Form can be downloaded from: [www.insightmeditationaustralia.org](http://www.insightmeditationaustralia.org)

Or contact Will James on (02) 6655 8613 - email [wvjames@yahoo.com.au](mailto:wvjames@yahoo.com.au)