

Insight Meditation and Yoga Retreat

Christopher Titmuss and Radha Nicholson

With Yoga teacher Davina Kruse

Friday 18th Nov. – Wed. 23rd Nov. 2011

Yarrahapinni, Scotts Head – Mid North Coast NSW



This is our second Dharma Yoga retreat. We regard it as a creative initiative to share the wisdom and practices of two great traditions of India. The days will consist of meditation, yoga study of the Patanjali Sutta, discourses of the Buddha, two asana classes a day as well as Dharma teachings and instructions. There will be extended periods of silence during the day.

Christopher Titmuss has been teaching Awakening and Insight meditation worldwide for 30 years. He is a senior Western Dharma teacher and his approach emphasises freedom, compassion and social responsibility.

Radha Nicholson teaches the cultivation of wisdom and compassion through Insight. Her teachings focus on Inquiry and the non-dual nature of reality. She is a guiding teacher for Bay Insight in Byron Bay and teaches retreats in Australia and India. She co-facilitates the Australian Dharma Facilitators Program.

Davina Kruse is a senior Yoga teacher and teacher trainer at the Byron Yoga Centre. She has been practicing Hatha yoga for 13 years and teaching for 5. She teaches gentle, flowing yoga with pranayama.

Venue: Yarrahapinni Ecology Centre is situated in coastal rainforest right on the beach just north of Stuarts Point, midway between Sydney and Brisbane. Coffs Harbour is the nearest major airport and Macksville the nearest major town.

Cost - \$370 this covers accommodation and vegetarian meals.
Teachers do not receive any payment. They rely on Dana, a monetary gift or donation given to the teacher.

[Download registration form here](#)

For further information please e-mail suzannedouglas@bigpond.com or phone Suzanne on 02 6655 1404 or 0419 944743