

# Open Heart Inquiring Mind

## Teachings of Liberation

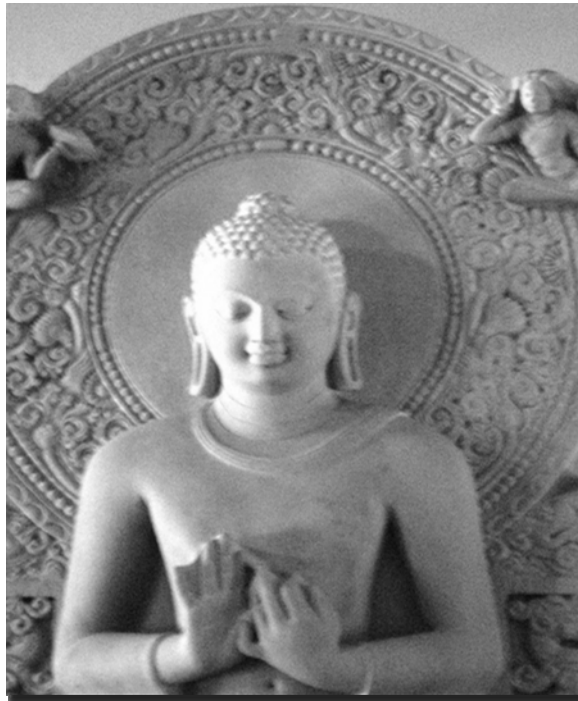
A 7 Day Insight/Vipassana Meditation Retreat

at Sine Cera, Kyogle

with Ellen Davison and Radha Nicholson

Friday 2nd to Friday the 9th of September, 2011

Suitable for beginners and experienced meditators



**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 regularly teaches retreats in India and Australia. She leads the Australian Dharma Facilitators Program. She has been a guest dharma teacher in France, the UK, Germany and New Zealand. Radha is also a registered psychologist and is in private practice.

**Ellen Davison** teaches in both the Vipassana and Zen traditions. She is a guiding teacher for the Kuan Yin Meditation Centre in Lismore and regularly leads retreats and workshops throughout Australia. Ellen is a psychologist and has worked as a counsellor in tertiary education. Ellen brings insight, wisdom and joy to her teachings.

The cost is \$500. This includes accommodation and meals. Teachers do not receive any payment but rely on dana (donations) from retreat participants.

Download registration forms at [www.insightmeditationaustralia.org](http://www.insightmeditationaustralia.org) or [www.dharma.org.au](http://www.dharma.org.au)

For further information contact Jen on 02 66886366 or email: [cycad5@iprimus.com.au](mailto:cycad5@iprimus.com.au)