

The Heart of Creativity Retreat 21st - 28th August 2010

with **Subhana Barzaghi** Zen & Insight
meditation teacher
Psychotherapist, writer and artist
and **Sandra Kimball** Therapist, teacher and
long-time student of the Way of Tea.

"We are all artists if we choose to use our creativity. The tools that we have as human beings to transform our world and ourselves are creativity, compassion and insight. We can make a better world for us and our children". -Mayumi Oda.

This retreat will explore and celebrate our innate creativity that arises from stillness, meditation practice and being together in nature. By emptying our small selves of the force that impede us from knowing our true nature and releasing the blocks to creativity we will discover that creative expression is the natural expression of the engaged and free spirit.



Retreat Program

Each day will begin with an early morning session of meditation. Subhana and Sandra will lead an instruction period mid-morning and early afternoon devoted to art expression, creative writing and tea ceremony and flower arrangement. There will be time for personal creative work. The evening session will include; meditation, a sharing circle and either creative movement and dance lead by Mudita or music and songs by Bronwyn Calcutt. No prior art experience is required

Venue 'Sangsurya' at Byron Bay is a beautiful, tranquil & comfortable venue - a favourite with regular retreat participants.

Cost \$480 covers only the expenses of accommodation and three gourmet vegetarian meals a day. A limited number of concession places are available, please apply early.

Teachers in accordance with the Buddhist tradition, provide their teachings as a gift (dana) and rely on your return of that gift in the form of financial support.

For information and bookings

e-mail **Sonja:** sandrey@optusnet.com.au or SMS **Sonja's** mobile 0433 804389.

Application Forms may be downloaded from www.insightmeditationaustralia.org