

Resting into Stillness

A silent meditation retreat for women

November 4-7, 2016

Yarrahappini, Mid North Coast, NSW



*a silent insight meditation retreat based on the teachings of Buddha
meditation instruction, dharma talks, inquiry,
& creative opportunities to connect with nature*

with **Radha Nicholson** *and* **Jude Baderle**

Cost: \$320 (share cabin or dorm); \$360 (own room, share bathroom)

Early Bird (before July 31) available for share room \$295

Registration: www.dharma.org.au

Or Suzanne m: 0419 944 743, e: suzanne@senseofbalance.com.au

This is a Tallowood Sangha event.