

# The Heart of Creativity Retreat

## 21<sup>st</sup> - 28<sup>th</sup> August 2010

with **Subhana Barzaghi** Zen & Insight meditation teacher  
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. There will be time for personal creative work. The evening session will include meditation, dream work and a sharing circle.

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 accommodation and three gourmet vegetarian meals a day. A limited number of concession places are available, please apply early.

Teachers receive no payment; they rely on Dana (donation).

### For information and bookings

e-mail Sonja: [sandrey@optusnet.com.au](mailto:sandrey@optusnet.com.au) or SMS Sonja's mobile 0433 804389.

Application Forms may be downloaded from [www.insightmeditationaustralia.org](http://www.insightmeditationaustralia.org)

