

13th- 16th November 2025

Shamata-Vipassana (Calm & Insight) Retreat – with Ayyas Jitindriya & Jayasara

Venue: Kamalashila Tibetan Buddhist Centre, Tilba, NSW



– The Anatomy of Experience –

a deep dive into the Buddha's teaching on the five aggregates of existence

During this retreat, the initial focus will be on developing shamatha (the calming & stilling of mind), which will serve as the support for our experiential enquiry into the five aggregates: physical form, feeling, perception, mental formations and sense consciousness.

The Buddha makes it clear that clinging to these aggregates of existence keeps us bound in a sense of stress and unsatisfactoriness, while the full understanding of them leads to liberating insight and freedom from the traps of ignorance, which is merely the misunderstanding of the nature of reality.

This retreat spans over 4 days, running from 4pm on the afternoon of Thursday 13th through to lunchtime on Sunday 16th. It will engage the practice of noble silence for the most part, and include periods of group Q&A with the teachers. Attendance for the whole length of the retreat is required.

For more information or bookings, please go to: <https://www.drogmi.org/courses--events.html>
or email: info@drogmi.org

All proceeds from this retreat will go to support Kamalashila Buddhist Centre, our host.

A note about accommodations at Kamalashila Buddhist Centre

Please be aware that the accommodations offered onsite at Kamalashila, while comfortable, can be rustic, either in caravans or dorm-style rooms. Being off-grid, the amenities are outdoor compost toilets & outdoor private hot showers. This is reflected in the very low cost for the onsite accommodation option on retreats.

However, if you require something more comfortable for your retreat accommodation, there are plenty of holiday rentals in the area: Tilba, Wallaga Lake, & Mystery Bay are all within a 10 min drive from the centre; Bermagui & Narooma are about 15 mins away, so there are many options to choose from online.