

12th- 15th November 2026
Shamata-Vipassana (Calm & Insight) Retreat

– with Ayyas Jitindriya & Jayasara

Venue: Kamalashila Tibetan Buddhist Centre, Tilba, NSW



Developing Meditation from Wisdom

Shamata and vipassana (calm and insight) are the two main factors of meditation that allow the mind to see clearly into the nature of reality. Though they appear to be two different things they are closely linked, as it is due to the stillness of mind that the clarity of insight can emerge; and in turn, this clarity can deepen stillness. However, if our practice is to ripen in fruition, both factors must be supported by the wisdom of right-view — the first and most fundamental factor of the Buddha's path of Awakening — which orients the mind toward understanding and letting go of suffering.

In this meditation retreat we will explore just how these factors of the path support each other, in theory and in practice, and learn how, as these qualities mature together, our meditation can go to deeper depths of seeing clearly and freeing the heart.

This retreat spans over 4 days, running from 4pm on the afternoon of Thursday 12th through to lunchtime on Sunday 15th. 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 retreat is a requirement.

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

All proceeds from this retreat 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 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.