



# Satori - 6 day residential retreat

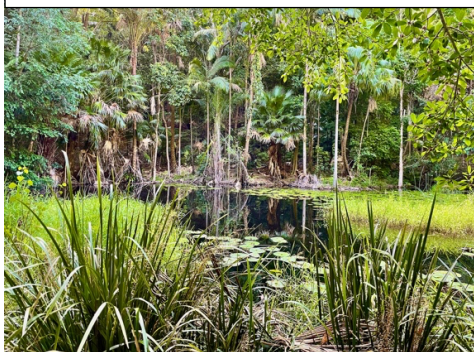
Byron Bay, Australia, Dec 5-11th, 2025 with Kira Kay

**What is Satori?** The word Satori originated in Japan and depicts that moment of illumination that can only be described as direct experience of profound truth that accompanied certain Zen practices. The experience of Satori can vary from person to person but the essence of the state is similar – a profound feeling of peace, a knowing, without doubt – truth. For some people the experience may only be a momentary glimpse, for others it may be an extended period. A common aspect is that the knowledge of the experience is lasting and life changing. Often there is an experience of empowerment creating a more relaxed outlook on life, choices and future potential.

**What exactly is the structure of Satori retreat and what benefit can I gain?** 'Satori' as we are discussing it here refers to a retreat of six days duration that has been carefully designed to support an individual to open into experiencing truth. It has evolved from techniques of the East combined with Western methods to support each person to have the maximum opportunity to have a Satori experience. A Satori allows you to experience your whole self, and that is inclusive of your humanness, your spirit – you. For many, the experienced depth of acceptance is profoundly freeing. With the acceptance comes the ability to watch the process of the mind without becoming involved, without believing it - giving you back the sense of power and the realisation that YOU can, and do, have conscious choice in each situation, and that you are not a victim of circumstance but the creator of your life.

The more you see the natural flow of life the clearer it is to see your interaction in the relationships in your life from a more neutral perspective. This can support you to participate more deeply in life from less reaction, generating understanding in your day-to-day interrelationships. While the focus of Satori is to have a peak experience – a “Satori”, the journey involved frequently provides a microcosmic look at your basic attitudes towards life. It lets you see your behaviours, the way you think, what you think, how your mind works - many of the aspects to which you may have been previously blind to. This gift of seeing your-self empowers future choices and impacts the potential that can unfold in your life.

Satori retreat is held at **Sangsurya**, a beautiful eco-friendly retreat centre overlooking the ocean at Byron Bay - a healing place of meditation, reflection and rejuvenation, nestled in the succulent native rainforest. Delicious vegetarian meals lovingly prepared by chef, Todd Cameron ([www.truenaturecuisine.com.au](http://www.truenaturecuisine.com.au)) nourish our body and soul.



**Practical details:** Begins Friday 4.30pm Dec 5th and completes Thursday noon, Dec 11th 2025

**Cost:** Kira is offering Satori Retreat in 2025 at a sliding scale price. The lower price \$2190 representing the basic price that is needed to cover costs. The price \$2790 represents a higher rate for those that can afford it. This allows Kira to offer some individuals who are very financial challenged partial scholarship.

**Extras:** Accommodation is in shared rooms (limited single rooms for an extra AUS\$450)

**For questions and registration please email Josie:** [bookings@kirakay.com](mailto:bookings@kirakay.com)



*Sangsurya Retreat Centre sits on the lands of the Arakwal Peoples of the Bundjalung Nation, our Satori Retreat respects their wisdom and ongoing connection to & care for Country*