



'Joy of Living'
Silent Meditation Winter Retreat
19-25 February 2018, near Wrocław



Join us for Silent Meditation Winter Retreat „Joy of Living” on 19th - 25th February 2018 in Pustelnik - 80 km from Wrocław, Poland.

In this retreat the main focus is on deepening our mindfulness and meditation practice. In order to unlock the secret and science of happiness, based on the book 'Joy of Living' by Yongey Mingyur Rinpoche. He was the first accomplished meditator who participated in the neuroscience research about the effect of meditation on the human mind, brain and body. He weaves together the principles of Tibetan Buddhism (Dzogchen/Mahamudra) and modern science in a way that will forever change the way we understand the human experience.

*When the mind is not altered, it is clear.
When water is not disturbed, it is transparent.
-The 9th Gyalwang Karmapa*

The main emphasis in this retreat is on silent meditation and mindful walking in the beautiful nature surrounding our retreat centre. Each day there will be one inspiring talk (based on the book) and one or two guided practices. We will be exploring our capability to rest in awareness. There will be opportunity to have individual practice review during the retreat and sometimes inquiry to explore and share our experiences.

Everybody is welcome to join this retreat, but it helps if you have some mindfulness/meditation experience like the 8-week course in MBLC/MBSR or MBCT or any other meditation tradition.

The retreat is a joined effort of all the participants. We want you to fully participate in the program from the beginning till end.

Start retreat: Monday evening 19th of February at 7.00pm

End of retreat: Sunday morning 25th of February after lunch at 1.00pm

Please contact us to declare your participation till 20th December 2017! Only after collecting the minimum number of participants, we will inform you by email whether the course will take place.

FACILITATORS:

Annick Nevejan, Olaf van Kooten, Anna Zubrzycki

The retreat is in English translated into Polish by Jacek Dobrowolski.

VENUE:

Agroturystyka Pustelnik, Pustelnik 26 (gmina Marciszów, 80km from Wrocław) <http://www.agropustelnik.pl/>

COST:

1 500 PLN (price includes food and accommodation)

CONTACT:

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