

Intro to Silence – A Weekend Retreat

Alex Arsoudis

Friday 28th – Sunday 30th June 2024

Time | Friday 20⁰⁰ – Sunday 18⁰⁰ (after a joint clean-up)

This weekend retreat is meant to provide an opportunity for beginners to learn how to seriously meditate.

The course will offer step-by-step instructions on meditation technique, how to calm the mind and develop concentration and mindfulness while relaxing, how to deal with and overcome problems and hindrances, how to establish and maintain daily practice habits, how to build confidence in your ability as a meditator and just maybe even fall in love with the practice.

There will also be brief lectures on some fundamentals of the Buddhist teaching and Q&As in order to help clarify what the real point of and motivation for this practice actually is.

If time permits, another option are guided exercises on the Brahma Viharas, the so-called immeasurable qualities of loving kindness, compassion, sympathetic joy and equanimity.

Thusly, the order of the day is quite simple: silence.

And what we may find in the silence. Not what we bring into it.

The invitation is to step into the silence and find out.

Or, if you're already an experienced meditator, an opportunity to devote another weekend to your practice or give it a little boost. All are welcome.

We will start on Friday at 8 pm with a small dinner and a first meditation. We will finish on Sunday at around 6 pm. Individual arrangements are possible.