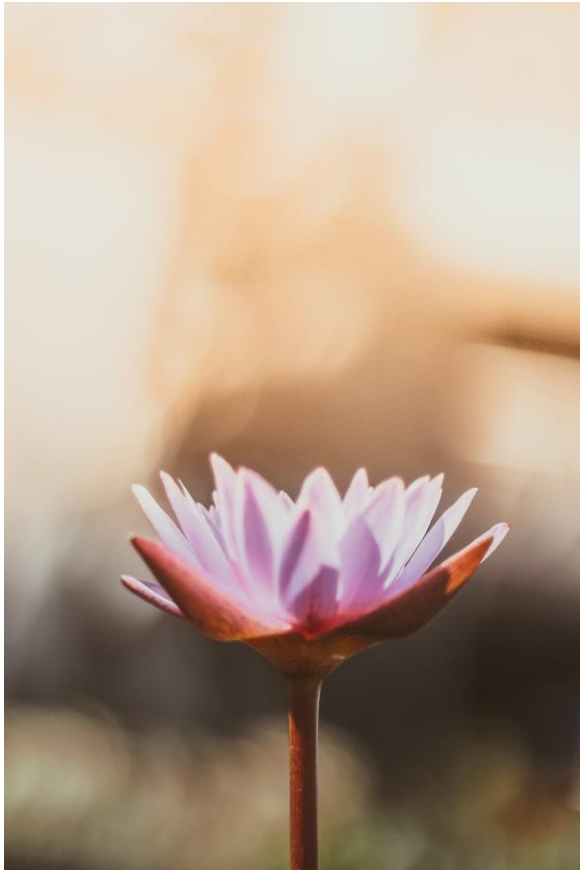




Vipassana (Insight Meditation) Retreat

9-day Meditation Course with Dr. Julia Harfensteller,
at Buddhistisches Haus Berlin-Frohnau, April 26 – May 05, 2019



Vipassana means insight into the interrelatedness of mind and matter. Practicing insight meditation allows us to develop awareness and understanding of deeper lying causes and conditions of personal stress and suffering and to free ourselves from these. Along with mindful awareness we will cultivate an open and accepting attitude towards us and our experiences.

The retreat is suitable for both new and experienced practitioners.

Start: 26.04.2019, 4:00 pm

End: 05.05.2019, 3:00

Course language: English

Accommodation at BH possible but not mandatory.

Course Fees

The course fee includes food (vegetarian) and lodging. Moreover, it covers traveling costs as well as food and accommodation for the teacher. The course fee does not include a compensation for the teacher. According to the ancient Buddhist monastic traditions, teachers offer their retreat guidance based on donations. Donations can be given at the end of the course at the Buddhistisches Haus.

Costs

- With accommodation: 9 days incl. meals: € 415,- + teacher donation
- Without accommodation: 9 days incl. meals: € 320,- + teacher donation

Course Organizer: LessWrong e.V.
For more Information and registration:
https://tiny.cc/signup_meditationretreat