

**Residential Retreat
with Shaila Catherine from USA
June 3 to 8, 2018**

**„Overcoming Distracting Thoughts“
and
„Resolution and Relaxation:
Exploring the role of effort in meditation“**

Sunday Afternoon, June 3rd

Until 5 pm	Arrival and Registration
6 pm	Dinner
7.00 pm, Buddhahall	Meditation and Evening Program, Noble Silence begins

Monday to Friday, June 4th to 8th, Buddha Hall

05.30 to 06.30 am (either Buddhahall or Zen Room)	Monastery morning recitation and meditation (optional)
07.00 to 07.45 am	Sitting meditation
08.00 to 08.30 am	Breakfast
09.30 to 10.30 am	Morning Teaching and Meditation
10.30 to 11.00 am	Walking Meditation
11.00 to 11.45 am	Sitting Meditation and/or Question & Answers
12.00 to 12.30 pm	Lunch
02.15 to 03.00 pm	Sitting Meditation
03.00 to 03.45 pm	Walking Meditation
03.45 to 04.30 pm	Sitting Meditation
04.30 to 05.00 pm	Walking Meditation
05.00 to 05.45 pm	Sitting Meditation
06.00 to 06.30 pm	Dinner
07.00 to 07.30 pm (either Buddhahall or Zen room)	Monastery evening recitation and meditation (optional)
07.45 to 8.45 pm	Dhamma Talk
08.45 to open end	Individual Practice

**Residential retreatants are strongly encouraged to stay
for the following Day-Long Retreat as a natural conclusion.**

(Subject to modification)

**Day-Long Retreat
with Shaila Catherine from USA
June 9th, 2018
From 9.30 am to 05.00 pm**

**„Resolution and Relaxation:
Exploring the role of effort in meditation“**

Description:

This day long program will explore the vital role that effort plays on the liberating path. We will see how a balanced, wise, and persistent effort can strengthen mindfulness. When our effort is balanced and clear—determined yet not forceful, relaxed but not lax—then distracting thoughts will fade away and concentration and insight will deepen.

Schedule:

We won't follow a strict schedule for the flow of meditation and teachings on that day.

However, it will include sitting and walking meditation as well as teachings on the above mentioned theme and question and answers.

Also we will keep Noble Silence throughout the day for deepening our experiences.

(Lunch Time will be from 12.00 to 12.30 pm.)