

VENUE : Lodge Mark & Bein
Unt. Bodenbergstr. 9
6353 Weggis (LU) ☎ +41 (0)41 392 00 04
www.mark-und-bein.ch/lodge

DATES : 2 July (7 p.m.) to 11 July 2010 (around 11 a.m.).

COST : 1050 CHF (Students and couples : 950 CHF per person)
Teaching, accomodation (2 beds rooms, common bathroom facilities) and all meals included.

Participation to the first week-end only : Friday 2 July to Sunday 4 July 2010 (around 5 p.m.)
360 CHF (Students and couples : 310 CHF).

PERSONAL BELONGINGS: Meditation cushion, warm and comfortable attire (it can be cold outside, early in the morning), tennis-shoes for outdoors Tai Ji Quan, Yoga mat (optional), hand / bath towels.

HOW TO GET THERE : **By car :** Highway Zürich – Zug (or Geneva-Lausanne-Bern-Luzern). Follow the direction « Schwyz – Küsnacht ». Take exit 36 : Küsnacht-Weggis. Then follow the indications for Weggis. Entering Weggis, stay on the main road. After the first tunnel, turn right (roadsign « Luftseilbahn »). At the next crossroads, turn left (« Familiencamp »). Continue for 1.5 km on the « Bergstrasse » road up to the house.

REGISTRATION AND INFORMATION :

Karine Bayard
10, rue de Berne
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+41 (0)78 867 74 87
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Registrations are to be made by phone or e-mail since availability is limited. The deposit of 300 CHF (100.- for the week-end), labelled for Association Zhong Fu (CCP 10-7373-6), is to be paid before 10 June 2010 and automatically commits to definitive registration. After 22 June, no deposit can be refunded.

VIPASSANA MEDITATION with DHIRAVAMSA

The 5 spiritual powers



Residential retreat 2-11 July 2010
Week-end 2-4 July 2010
CH- Weggis (Luzern)

During this retreat, Dhiravamsa's teaching will be about the Five Spiritual Powers (pañca indriya) : faith (saddhà); energy (viriya); mindfulness (sati); stabilized mind (samadhi) and wisdom (paññà). These five spiritual faculties are bases from which all good actions develop. They are cultivated through practice, by looking at balance between them.

The study of the five spiritual powers (pañca indriya), enhanced by an intensive practice of sitting, walking or chanting meditation, will help us to reinforce the Dhamma state of mind, as a spontaneous answer to numerous life challenges and adversities.

One of the most original forms of Dhiravamsa's teaching is the integration of body work. Therefore, additionally to the traditional practices, he uses Tai Ji Quan and Qi Gong in order to work on each individual's vital energy (Qi) and on the circulation of this energy at relational and emotional level. These workshops will be led by Karine Bayard.

*By sustained effort,
earnestness,
discipline,
and self-control,
let the wise man
make for himself an island,
which no flood overwhelms.*

Dhammapada

Born in 1934 in a remote village in North-eastern Thailand, V.R. Dhiravamsa joined the Buddhist Monastic Order at the age of thirteen and obtained the First Degree in Buddhist Studies, Comparative Religion, and Modern Subjects..He began his spiritual work in the capacity of a Vipassana Meditation teacher in England in 1965. He gradually became internationally known, particularly in Europe and North America, where he rendered most of his services to those seeking spiritual advice and instruction in meditation practices. His accomplishments in the Buddhist monastic tradition include attaining the position of Preceptor (Upajhaya), becoming Abbott of a Thai Temple (Wat Buddhapadipa) in London, England, and being appointed Chief of the Thai Buddhist Mission in the West. He is a Master of Vipassana. In October 1971, Dhiravamsa gave up his robes after twenty-three years as a Buddhist monk. He has since lead a simple, meditative life, continuing his work of teaching Vipassana Meditation and other related activities such as Vipassana Dreamwork, Active Imagination, Enneagram and Holistic Healing.

With regard to literary works, he has written and published several articles and books on the subject of Vipassana and self-growth. Some of his books have been translated into French, German, Spanish, Italian, and Dutch.

Dhiravamsa now lives in Spain. He spends his time writing and teaching courses in meditation and related activities throughout Europe, Thailand and Australia.

To know more about Dhiravamsa and his activities :

www.dhiravamsa.com

