Dear friends,

Here’s our 2015 retreat schedule; you will notice that there are fewer retreats than last year. This is due to the fact that, in recent years, the center has grown considerably, and this has led to an increased complexity in the organization and management of our retreats. Therefore, the Pian dei Ciliegi Advisory Board has decided to reduce the activities of the centre and close down for a few months next year. All the retreats will be organized and managed by the Pian dei Ciliegi staff and the Dhamma teachers invited directly by the Advisory Board. There will be no guest retreats, apart from the Mindfulness Days organized by the Thich Nhat Hanh community. We trust you will understand our decision and continue your valuable support; as for us, we can assure our unaltered commitment in spreading the Dhamma at the best of our abilities, as we’ve tried to do the past years.

With Metta,

The Pian dei Ciliegi Advisory Board

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**2015 RETREAT SCHEDULE**

**December 29th 2014 – January 6th 2015**

Bhante Sujiva

_Vipassana meditation retreat_

THIS RETREAT IS ALREADY FULL

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**April 1 - 28**

Beate Gloeckner, Andrea Huber and Hannes Huber

_Satipatthana Vipassana meditation retreat_

This retreat is suitable for both experienced and beginning meditators, and will have sessions of sitting and walking meditation, regular interviews with the teacher and daily Dhamma talks. The retreat is in English with Italian translation and all participants will be asked to take the 5 or 8 precepts. It is divided in three periods:

- **April 1 -11**, led by Beate Gloeckner,
- **April 11 - 18**, led by Andrea Huber,
- **April 18 - 28**, led by Andrea Huber

You can join the retreat only on **April 1, 11 and 18**.

You are requested to arrive between 14 and 17 p.m. the first day, and the retreat will end after lunch on the last day.
Beate Gloeckner is a German teacher who started her meditation practice in 1986 and has a long experience of retreats in the Mahasi tradition under the guidance of Ven. U-Pandita and Ven. U-Vivekananda, who authorized her to give teachings. Thanks to her training as a psychotherapist, she belongs to that new generation of teachers that can pass on ancient teachings in such a way that western yogis will still find them meaningful for their lives.

Andrea Huber is an MBSR trainer who lives and works in Austria, and trained at the *Institut of Mindfulness and Stress Reduction* of Dr. Linda Lehrhaupt, in Bedburg, Germany. She is an experienced Vipassana meditator in the Mahasi tradition, having trained for long periods under the guidance of Sayadaw U Pandita e Sayadaw U Vivekananda.

Hannes Huber, is an experienced teacher who has practiced Vipassana Meditation since 1985. His teachers include Godwin Samararatne from Sri Lanka, and Sayadaw U Pandita from Burma, who authorized him to give teachings. He has a training in Psychosynthesis with Sascha Dönges, Switzerland. He teaches Vipassana Meditation in Austria and other European countries, and is an MBSR trainer.


May 15 - 26
Ven. Vivekananda
*Satipatthana Vipassana meditation retreat*

This retreat is suitable for both experienced and beginning meditators, and will have sessions of sitting and walking meditation, regular interviews with the teacher and daily Dhamma talks. The retreat is in English with Italian translation and all participants will be asked to take the 5 or 8 precepts.

You are requested to arrive between 14 and 17 p.m. the first day, and the retreat will end after lunch on the last day.

Ven. Vivekananda is the resident teacher of Panditarama Lumbini International Meditation Centre in Nepal. He has trained under the Ven. Sayadaw U Panditabhivamsa since 1988 and has been teaching Vipassana in the Mahasi tradition and Loving kindness meditation at his center in Lumbini as well as abroad since 1998. With his profound knowledge of the Dhamma and his enthusiastic manner, yogis feel inspired and encouraged to progress in their practice.


May 26 – June 2
Beate Gloeckner
*Satipatthana Vipassana meditation retreat*

This retreat is suitable for both experienced and beginning meditators, and will have sessions of sitting and walking meditation, regular interviews with the teacher and daily Dhamma talks. The retreat is in English with Italian translation and all participants will be asked to take the 5 or 8 precepts.
You are requested to arrive between 14 and 17 p.m. the first day, and the retreat will end after lunch on the last day.

*For the teacher’s bio please read above*

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June 19 - 28
Bhante Bodhidhamma
*Vipassana Meditation retreat*

The retreat will have sessions of sitting and walking meditation, regular interviews with the teacher and daily Dhamma talks. It will be in English with Italian translation, and all participants will be asked to take the 5 or 8 precepts. The opening week-end, from the early evening of **Friday June 19** to **Sunday June 21** lunch will be especially dedicated to beginners, who may continue their retreat until the end, if they wish.

You are requested to arrive between 14 and 17 p.m. the first day, and the retreat will end after lunch on the last day.

*Bhante Bodhidhamma* was originally a student of Ven. Sayadaw U Janaka from Burma and was ordained as a monk in the tradition of Mahasi in 1986. He then followed the teachings of Ven. Sayadaw Rewata Dhamma and of Ven. Sayadaw U Pandita, and did a long training period in the Mahasi Tradition at the Kandubada Centre in Sri Lanka. From 2001 to 2005 he was a resident teacher at the “Gaia House” retreat centre in England. Since 2006 he’s been spiritual guide of the Satipanya Buddhist Trust Meditation Centre in Wales, (U.K.) For more information please check [www.satipanya.org.uk](http://www.satipanya.org.uk)

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July 17 - 30
Patricia Feldman e Charles Genoud
*Vipassana e Metta retreat*

During this retreat meditators will have a chance to deepen their understanding of insight practice, developing mindfulness of the mind and the body, contemplating their aspects and exploring their qualities in each moment. As wisdom unfolds, the nature of experience will reveal itself enabling a powerful inner transformation. The emphasis of the retreat will also invite participants to trust in what lies beneath the surface of habitual tendencies, gently opening and relaxing the heart through the cultivation of loving-kindness. This silent retreat will offer the support of instructions, private interviews and Dharma talks. The practice of Metta (loving-kindness) enriches Vipassana meditation by the breadth and lightness of mind that it can bring. The cultivation of qualities such as kindness and compassion enables an attitude for self-acceptance and openness for oneself and others that can attain a state of unconditional love and peace. The retreat is in English with Italian translation. The retreat will be divided into two periods: **July 17 – 24** and **July 24 – 30**

You can join the retreat only on **July 11 and 24**. 15 places will be set aside for those yogis who sign up for the whole period.

The retreat begins al 7pm on the first day (please arrive by 5 p.m) and ends with lunch on the last day.
Patricia Genoud-Feldman has been practicing Buddhist meditation (Vipassana and Dzogchen) in Asia and the West since 1984. She received numerous teachings from Dilgo Khyentse Rinpoche and practiced under the guidance of Sayadaw Upandita. She has also completed her teacher training at the Insight Meditation Society in Barre, MA, USA under the guidance of Joseph Goldstein and other senior teachers. She has been teaching Vipassana meditation since 1997 in Europe, Israel and the US.

Charles Genoud has been a student and practitioner of Tibetan Buddhism since 1970. For several years he was a student of the Venerable Geshe Rabten and then of Dilgo Khyentse Rinpoche. His unique approach, Gesture of Awareness, is the result of the Buddhist Madhyamika point of view applied to meditation techniques and complementary work in the field of sensory awareness under the guidance of Michael Tophoff. Charles Genoud teaches Buddhist meditation and leads workshops in France, the USA, England, and Switzerland. Patricia e Charles have founded the Vilalakirti Meditation Centre in Geneva, Switzerland (www.vimalakirti.org).

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August 2 - 23
Bhante Sujiva – Assistant Brother Dassana
Metta retreat (Aug. 2-9) and Vipassana retreat (Aug.9-23)

This retreat, open to all, will be divided into three parts: the first part (Aug.2 - 9) will be dedicated to the practice of Metta, the second (Aug. 9 – 16) and third (Aug. 16 – 23) to the practice of Vipassana.

Metta is a Pali word which means loving kindness, goodwill, and friendliness. In an intensive Metta retreat we will be spending all our time radiating loving thoughts and good wishes to our loved ones, friends, teachers, acquaintances, difficult ones, and all beings. The intensity of the practice can bring about a profound and lasting transformation of the mind. Metta, the practice of love, goes hand-in-hand with Vipassana, the development of insight. It’s possible to take part in a shorter period within the retreat, but you can enter the retreat only on the following days: August 2 – 9 – 16. The retreat will have sessions of sitting and walking meditation, regular interviews with the teacher and daily Dhamma talks. All participants will be asked to take the 5 or 8 precepts.

The retreat begins al 7pm on the first day (please arrive by 5 p.m) and ends with lunch on the last day.

Bhante Sujiva is a Theravadin monk who was Abbot of the Santisukharama hermitage in Kota Tinggi, Malaysia from 1982 to 1996; since then he has been travelling all over the world to spread the teachings of the Dhamma and instructing in Vipassana meditation. Since September 2006, he’s been living more permanently in Europe where he follows groups of yogis in different countries and conducts Vipassana and Metta retreats, as well as seminars on the study of the Abhidhamma.

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Pian dei Ciliegi will be hosting an experienced and knowledgeable Dhamma teacher in the months of August and September 2015: Bro. Dassana from Malaysia. He will assist Bhante Sujiva in his August retreat (2 - 23), and stay on from Aug.23 to Sept. 23 to guide those yogis who wish to deepen their practice in an intensive retreat. The participation to this period will be flexible in terms of length of stay and schedule. He will be teaching Satipatthana Vipassana meditation, very much in line with the Mahasi tradition. There will be 3 talks and 2 to 3 interviews a week, depending on the needs of the yogis.
Bro. Dassana has been practising Vipassana Meditation for over 20 years. He has done many years of retreats in Burma, Thailand and Malaysia under various teachers. Most of his retreats are in the Mahasi style, though he has also explored other traditions. He was a monk for 17 years, and this gave him the opportunity and time to study the Dhamma scriptures and to do long intensive Vipassana retreats.

Bhante Sujiva
Vipassana Meditation retreat

This retreat is suitable for both experienced and beginning meditators. It will have sessions of sitting and walking meditation, regular interviews with the teacher and daily Dhamma talks. All participants will be asked to take the 5 or 8 precepts. The retreat is in English with Italian translation.

The retreat begins at 7pm on the first day (please arrive by 5 p.m) and ends with lunch on the last day.

For the teacher’s bio please read above

SOME USEFUL INFORMATION ABOUT OUR RETREATS

- The participation fee for the retreats is 30 euros a day for room and board (35 for a single room, if available); the fee covers the expenses of the organization and management of the Centre.
- There is no reimbursement of the fee in case of cancellation or anticipated departure once the retreat has started.
- Please consider a small donation for the pick-up service from the bus stop.
- If you cancel your booking within the 48 hours of a retreat you are invited to make a donation to the Centre congruent with the inconvenience this caused through a bank transfer on the following account number 30332556 (IBAN CODE IT58O 06230 65420 000030332556 SWIFT CODE: CRPPIT2PO27) made out to Associazione Pian dei Ciliegi c/o Cariparma e Piacenza – Ag. Pontedellolio.
- You can find information about formal retreats and how to reach the centre on our Web site www.piandeiciliegi.it.
- Our association offers grants for free stays or reductions at our Vipassana retreats.
- You can download audio files of the latest retreats from our web site.