

# PIAN DEI CILIEGI MEDITATION CENTRE

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## 2016 RETREAT SCHEDULE (only retreats in English, with Italian translation)

December 29th 2015 – January 6th 2016

Bhante Sujiva

Satipatthana *Vipassana meditation retreat*

THIS RETREAT IS ALREADY FULL

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March 24 – May 5

Beate Gloeckner, Hannes Huber, 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.

It is divided in four periods:

**March 24 – April 5, led by Beate Gloeckner,**

**April 5 - 15, led by Hannes Huber,**

**April 15 - 25, led by Ven. Vivekananda**

**April 25 – May 5, led by Beate Gloeckner**

You can join the retreat only on March 24, **April 5, 15 and 25.**

Check-in is 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.

**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.

**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.

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June 17 - 26

Bhante Bodhidhamma

*Satipatthana Vipassana Meditation retreat*

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 opening weekend, from **Friday June 17** to **Sunday June 19** will be especially dedicated to beginners. 20 places will be set aside for participants doing the whole period. The options for this retreat are: **1. only the first weekend** (check-in from 2 to 5 p.m. on Fri., end with lunch on Sun.); **2. one whole week** (from Sun. 19 p.m. to Sun. 26 after breakfast); **3. the whole period.**

**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 8 - 23

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 8 -16 and July 16 - 23**

You can join the retreat only on **July 8 and 16**. 20 places will be set aside for those yogis who sign up for the whole period.

The retreat begins at 7pm on the first day (check-in between 2 and 5 p.m.) and ends with lunch on the last day.



The participation to this period will be flexible in terms of length of stay and schedule, but it's necessary to participate for **at least one week**. We ask yogis to arrive on a week-end, for organizational reasons.

**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.

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December 30, 2016 – Jan. 8 2017

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 suggested participation fee for the retreats is 30 euros a day for room and board; the fee should be considered as a free contribution by members to support the Association, and covers the expenses of the organization and management of the Centre. It's possible to ask for sponsorships, or give a contribution based on one's financial possibilities; this should be agreed upon with the manager, prior to the retreat.
- There is no reimbursement of the fee in case of cancellation or anticipated departure once the retreat has started.
- The Dhamma teachings are offered free of charge, but we encourage participants to show gratitude with a generous donation to the teacher.
- Please consider a small donation for the pick-up service from the bus stop.
- You can find information about formal retreats and how to reach the centre on our Web site [www.piandeiciliegi.it](http://www.piandeiciliegi.it)
- You can also download audio files of the latest retreats from our web site.