



3 DAY ONLINE INSIGHT MEDITATION RETREAT

Thurs Jan 28 – Sun 31 2021

**with Christina Feldman and Ursula Flückiger
in English**

Developing the practices of calm attentiveness, insight meditation and loving kindness, the mind and heart deepen in tranquility and understanding. Through cultivating mindfulness we have the tools to explore the depth of our inner world and the possibilities each moment offers to discover freedom.

Dieser Kurs bietet Gelegenheit, sich mit der Erkenntnis-Meditation bekannt zu machen und sie zu vertiefen. Durch Sammlung und Gewahrsein erforschen wir die wahre Natur des Daseins in Körper, Herz, Geist und allen Dingen und kultivieren innere Ruhe und befreiende Erkenntnis. Durch die Praxis von liebevoller Güte werden unser Mitgefühl und die Erfahrung der Verbundenheit mit allen Wesen vertieft.

The retreat can be understood as a formal silent home retreat or as a Vipassana practice support in everyday life.

SCHEDULE (Central European Time):

Thursday January 28

20.00 – 21.00 Introduction, Meditation ONLINE

Friday Jan. 29 and Saturday Jan 30

06.45 - 07.30 Short Instructions and Sitting Meditation ONLINE

09.15 - 10.00 Instructions and Sitting Meditation ONLINE

10.00 – 10.45 Walking Meditation

10.45 – 11.00 Sitting Meditation

11.45 – 12.15 Walking Meditation

14.15 - 15.00 Instructions and Sitting Meditation ONLINE

15.00 – 15.45 Walking Meditation

15.45 – 16.30 Sitting Meditation

16.30 – 17.15 Questions & Answers about Vipassana Practice ONLINE

19.15 - 20.15 Dharma Talk ONLINE

20.15 – 20.45 Walking Meditation

20.45 - 21.15 Sitting Meditation and Dedication ONLINE

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Sunday Jan 31

06.45 – 07.30 Sitting Meditation ONLINE

09.15 - 10.45 Meditation, Closing Talk, Q & A, Dedication ONLINE

ca. 11.15 Sharing ONLINE

REQUIREMENTS:

- Familiarity with the Zoom platform as no technical support can be provided.
- A computer or laptop with camera and microphone and a stable Internet connection. To support online co-practitioners as well as for the teachers, it would be desirable to leave the camera on.
- Quiet place at home.

Note: The practice at home might not be suitable for people with mentally fragile conditions. Participation is at your own responsibility.

COSTS: CHF 75.-. Please transfer the course fee **before beginning of the retreat** to one of the center's accounts : <https://karuna.ch/en/payments/> with the note "3-Day Online Retreat 21.03".

About donations to the teachers see below.

REGISTRATION:

On our Website: <https://karuna.ch/en/courses/> > 21-03-CF-UF 3-Day Insight Meditation Retreat Online.

The registration will not be reconfirmed.

After registration **and payment**, the zoom access link as well as any further information will be sent by e-mail approx. 3 days before the course starts.

We would be happy to support your practice at home!

TEACHER DONATIONS:

According to Buddhist tradition, the teachers do not charge a fee. However, they are dependent on donations for their livelihood.

For both teachers of this course please only use the following bank account (the center is not allowed to accept teacher donations):

Ursula Flückiger von Allmen
CH-3063 Ittigen
Migros Bank, 8010 Zürich, Schweiz
IBAN CH29 0840 1000 0598 8662 5
SWIFT-Code (BIC): MIGRCHZZXXX
Note: «3-Day Online Retreat 21.03»

