



## Ascension: Four Day Insight Meditation Retreat - Live Stream


Wed May 12 – Sun 16, 2021

Charles Genoud, Patricia Genoud and Yuka Nakamura

The practice of Vipassana meditation is an exploration of the simplicity of being and its potential for freedom in each moment. Vipassana (clear seeing) is based on the cultivation of mindfulness of the mind and the body, a cultivation which leads to a clear seeing of their aspects and their qualities beyond confusion. The retreat may lead to a gentle opening and relaxing of the heart through the cultivation of loving kindness. This silent retreat will offer the support of instructions, group interviews and dharma talks.

This live-stream retreat will offer instructions for sitting, walking and standing meditations, dharma talks and interviews with the teachers. It offers participants valuable support in practising at home in a sustained way.

### Retreat Schedule:

 = With Live Stream

#### Beginning: Wednesday, May 12, 2021

**20.30 - 21.30** Introduction and Meditation 

#### Thursday, May 13, to Saturday, May 15

**06.45 – 07.30** Sitting Meditation 

**09.15 – 10.15** Guided Meditation 

10.15 –12.30 Sitting and Walking

**14.30 – 15.15** Guided Meditation 

15.15 –17.15 Sitting and Walking

18.30– 18.55 Sitting

**19.15 - 20.15** Dharma Talk 

20.15 – 20.45 Walking Meditation

**20.45 – 21.15** Sitting and Dedication 

#### Final day, Sunday, May 16 2021

**07.00 - 07.30** Sitting Meditation 

**09.15 –11.30** Final session 

Additionally, interviews (individual and/or group) with the teachers will be offered.

**Requirements:** Both beginners and experienced practitioners are equally welcome. We kindly ask you to commit to participate in the retreat fully from the beginning to the end. Also, please ensure that you have

- a PC or a laptop with camera and microphone and a stable internet connection.
- quiet retreat conditions at home.

**Note:** The practice of mindfulness meditation is contraindicated in certain circumstances. If you suffer from major mental disorder of any kind it is not advisable to register for this retreat. Please note that participation is at the own responsibility of participants.

**Administrative costs:** The basic fee for the retreat is CHF 100.- (the center is grateful for the offering of additional donations). Please pay it to the Postfinance-account „30-459460-4“with the note «Course 21-13-PG-CG-YN».

**Teaching costs:** The retreat is offered on the basis of Dana (generosity). To offer Dana for the teachings for all three **teachers** please use this account or link:

**Migros Bank:** Account Yuka Nakamura, 8143 Stallikon, Switzerland  
IBAN: CH30 0840 1000 0575 8072 3,  
SWIFT code (BIC): MIGRCHZZXXX

**Paypal:** <https://www.paypal.me/YNakamura>

> Please make sure that the payment is marked "Online Retreat Genoud & Nakamura" - Thank you!

**Contact:** You will receive the access link for Zoom in a separate email. For any other urgent questions (**no registrations, please**) you can contact [yuka.nakamura@bluewin.ch](mailto:yuka.nakamura@bluewin.ch).

*We are looking forward to seeing you!*

*Charles Genoud, Patricia Genoud & Yuka Nakamura*