



**7 DAY KARUNA – COMPASSION LIVE-STREAMING RETREAT**  
**Sat August 7 – Sat 14 2021**  
**with Carol Wilson, Fred von Allmen, Ursula Flückiger & Yuka Nakamura**

With the practice of Karuna we cultivate an inner attitude of connectedness and compassion, which includes all living beings without exception – including oneself. Together with the quality of Karuna we cultivate inner collectedness and steadiness of mind.

In order to make it possible for many interested people to participate, we offer this possibility to join the retreat via live stream. Once a day there will be time for questions and answers via Zoom about the Karuna practice.

Course language: ENGLISH.

The retreat can be understood as a formal silent home retreat or as a Karuna practice support in everyday life where you may participate in as many sessions as your daily life allows for it.

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

Costs: Fr. 175.-. plus donations for the teachers, see below.

When you get the bill, please transfer the course fee to one of our accounts:

<https://karuna.ch/en/payments/> with the note "Live-Streaming Karuna-Week 21.21.2."

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

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

Ursula Flückiger von Allmen  
Mittelweg 23, 3063 Ittigen  
Migros Bank, 8010 Zürich, Schweiz  
IBAN CH29 0840 1000 0598 8662 5  
SWIFT-Code (BIC): MIGRCHZZXXX  
Note: «Live-Streaming Karuna-Week»

With many thanks for your generosity!

**See next page!**

## Tentative Schedule (Central European Time)

Any changes will be communicated later together with the zoom link

In Red = Online

### Saturday, August 7

20.30 Introduction, Meditation

### Sunday, August 8 - Friday, August 13:

06.45 - 07.30 Short Instructions and Sitting Practice

09.15 - 10.10 Instructions and Sitting Practice

10.15 – 11.00 Walking Practice

11.00 – 11.45 Sitting Practice

11.45 – 12.30 Walking Practice

14.30 - 15.15 Instructions and Sitting Practice

15.15 – 16.00 Walking Practice

16.00 – 16.45 Sitting Practice

16.50 – 17.30 Questions & Answers about Karuna Practice

19.15 - 20.15 Dharma Talk

20.45 - 21.25 Sitting Practice and Dedication

### Saturday, August 14

09.15 – ca. 10.50 Sitting Meditation, Closing Talk, Dedication

11.30 – ca. 12.00 Sharing

The zoom access link, any changes in the daily schedule and 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!

