

# **Ascension: Four Day Online Insight Meditation Retreat**

**Wed 20 – Sun May 24, 2020**

**Charles Genoud, Patricia Genoud and Yuka Nakamura**

During this retreat we will deepen our understanding of insight practice, developing mindfulness of the mind and the body, contemplating and exploring their qualities in each moment. As wisdom unfolds, the nature of experience will reveal itself enabling an inner transformation. The retreat will allow us to trust in what lies beneath the surface of habitual tendencies, gently opening and relaxing the heart through the cultivation of loving kindness. This online retreat will offer instructions for sitting, walking and standing meditations, dharma talks and optional interviews with the teachers. It offers participants valuable support in practising at home in a sustained way.

## **Course schedule**

Wednesday, 20 May: 19.00 to 20.30  
Thursday, 21 May: 9.00 to 10.00, 14.00 to 15.00, 19.00 to 20.00, 20.45 to 21.15  
Friday, 22 May: 9.00 to 10.00, 14.00 to 15.00, 19.00 to 20.00, 20.45 to 21.15  
Saturday, 23 May: 9.00 to 10.00, 14.00 to 15.00, 19.00 to 20.00, 20.45 to 21.15  
Sunday, 24 May: 9.00 to 11.00

Additionally, individual or group sessions might be offered.

**Preparatory meeting on Monday, May 18 at 19.00:** An optional preparatory meeting will be offered where the platform Zoom can be tried out and technical questions clarified.

**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.

**Registration** (except for those who already registered by eMail):

Please register soon, but no later than **May 14, 2020**, through this link:

**<https://forms.gle/SaUHRwmA9e9WKrts8>**

**Costs:** The retreat is offered on the basis of Dana (generosity). To offer Dana 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!

If you wish to support the **Meditation Center Beatenberg** the bank connection can be found here:

<https://karuna.ch/en-Kurse-Programm-Zahlungen-Bankverbindungen>

**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*