



7 DAY SECULAR BUDDHIST RETREAT
Sat September 19 - 26 2020
with Martine and Stephen Batchelor
Katrin auf der Heyde and Assistant Sophie Boyer

This retreat will seek to uncover what lies at the heart of the Buddha's teaching and ask how such ideas might be interpreted and put into practice in today's increasingly secular and interdependent world. Through readings of early Pali discourses, Stephen will consider how the words of Gotama still speak to us today, while Martine will focus on meditation practices as tools of awareness for daily living. This approach to the Dharma will draw inspiration from a variety of perspectives both classical and contemporary. Course language: english

Due to the current situation, we can only accommodate a small number of people in single rooms or maximum two people in a 4-bedroom at our center for this retreat. In order to make it possible for other interested people to participate, we offer the possibility to partly join the retreat via live streaming. Once a day will be time for questions and answers via Zoom.

Registration via this link: <https://forms.gle/tcg9VCQY9GDrf8rH6>

There is no direct confirmation for your registration! Information and access links will be sent a few days prior to the retreat and after having received the payment.

Saturday, September 19

20.30 – ca. 21.30 h: Introduction, Meditation

Sunday, September 20 - Friday, September 25:

06.45 - 07.30h Sitting Meditation
09.30 - 10.15h Instructions followed by Q&A on site
14.30 - 15.15h Guided Meditation
19.00 – 20.00h Talk followed by Q&A on site
20.30 - 21.00h Sitting Meditation

Saturday, September 26

10.00 – 11.00h Sitting Meditation, Closing Talk, Dedication

There will be additional group discussions and Q&A once a day for all participants online.

Costs for the retreat:

CHF 175.- Please submit your payment PRIOR to the retreat to:

Postkonto 01-349210-4 / IBAN: CH10 3000 0001 3045 9460 4 / QR IID: 30000 / BIC: POFICHBEXXX
account holder is "Stiftung Zentrum für buddhistische Meditation".

Teacher donation:

According to Buddhist tradition, the teachers do not charge a fee for their teaching. However, they are dependent on donations for their livelihood. For donations to all teachers of this course please use the following bank account (the center is not allowed to accept teacher donations):

<https://www.stephenbatchelor.org/index.php/en/donation>

With many thanks!