



Italy
July 2018

Insight Meditation Retreat

To do a partial retreat:

Only possible entry dates: Friday July 14th, 21st.

Only possible departure dates: Friday July 21st, and 28th.

Remarks: The retreat will be held in silence. The days will be spent in meditation, either sitting or walking. There will be a dharma talk every day to explain the context of the practice. Group or individual interviews will be scheduled to support the practitioners in their practice.

There will be no meal in the evening, only a light snack.

Donation for the teachers:

According to the Buddhist tradition, the value of the teachings cannot be measured. However, the means by which the teachings continue have always been supported by those who recognize their value. Traditionally in Buddhist societies, the community supported all needs of the teachers. In the West, such support has not been developed, the only monetary compensation teachers receive is that provided by retreatants such as yourselves, at the end of the retreat.



July 14 - to July 28
or Partial Retreat (see dates on other page)

Patricia Genoud-Feldman and Charles
Genoud

PIAN DEI CILIEGI-PIACENZA



MEDITATION VIPASSANA

During this retreat we will deepen our understanding of insight practice, developing mindfulness of the mind and the body, contemplating their aspects 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 silent retreat will offer the support of instructions, private interviews and dharma talks.

LOVING KINDNESS MEDITATION

The practice of loving-kindness enriches Vipassana meditation by the breadth and lightness of mind that it can bring. The cultivation of qualities such as kindness and compassion enables an attitude for the self-acceptance and openness for oneself and others that can attain a state of unconditional love and peace.

PATRICIA GENOUD- FELDMAN

Has been practicing Buddhist meditation since 1984 (Vipassana and Dzogchen) first in Asia under the guidance of Dilgo Khyentse Rinpoche and Sayadaw Upandita and then in the West.

She has completed her teacher training at the Insight Meditation Society in Barre, MA, USA under the guidance of Joseph Goldstein and other senior teachers.

She has been teaching Vipassana meditation since 1997 in Europe, Israel and the US.

CHARLES GENOUD

Has been a student and practitioner of Buddhism since 1970. He studied with the Venerable Geshe Rabten and then with Dilgo Khyentse Rinpoche. He has also practiced Vipassana meditation in India, in Burma and the US.

THE RETREAT HOUSE PIAN DEI CILIEGI

The centre is situated in Bulla di Monte Santo, a small village near the town of Ponte dell'Olio, 45 minutes south of Piacenza in the Nure valley. It's surrounded by oak woods in a peaceful and silent environment in the Appenine foothills, just below a higher hill called Monte Santo, 600 metres above sea level. From the Centre you can reach the peaks of the Appenines, through a number of nature trails, up to a height of 1800 metres.