



Centro Incontri Umani Ascona

Buddhist Meditation Retreat

***The Territory of Freedom –
Buddhist Contemplations on Life without Conflict***



15–17 August 2014
Centro Incontri Umani, Ascona

Ven. Ajahn Khemasiri
Dhammapala Monastery, Kandersteg, Switzerland

Exercises of practical meditation embedded in
the framework of Buddhist essential teachings

Programme

Friday 15 August	20:00	introduction and meditation
Weekend retreat in “Noble Silence”		
Saturday 16 August	08:30 – 11:30	meditation
	11:30 – 14:00	lunch break
	14:00 – 17:30	meditation
	17:30 – 19:30	dinner
	19:30 – 21:30	meditation and Dhamma talk
Sunday 17 August	08:30 – 11:30	meditation
	11:30 – 14:00	lunch break
	14:00 – 16:00	meditation and end of the retreat

The meditation retreat takes place at the Centro Incontri Umani, Via Signor in Croce 9, Ascona. Participants should abide the Five Precepts during the weekend, which are: refraining from harming living creatures, refraining from taking what is not given, refraining from sexual activity, refraining from wrong speech (noble silence) and refraining from intoxicants (alcohol & drugs).

The Seminars are in English language with informal Italian translation.



Ajahn Khemasiri is a Buddhist monk within the Theravada tradition of South East Asia, also known as the Thai forest tradition, where a strong emphasis is put on the practice of meditation and its integration into a contemplative lifestyle. He was accepted into the monastic order in 1986 by his preceptor Ajahn Sumedho, the first Western disciple of the widely known Thai meditation master Ajahn Chah. Ajahn Khemasiri spent his primary monastic years in different English monasteries before moving to Switzerland in 1993. His time at Dhammapala Monastery in Kandersteg was interrupted by an almost four year stay in monasteries and hermitages in Thailand and Myanmar. He returned to Switzerland in 1999 and has been the abbot of the small community at Dhammapala since 2005.

Fondazione Centro Incontri Umani Ascona

The Cross Cultural Centre, Ascona – Centro Incontri Umani, Ascona – is a recognized Swiss Foundation. It was set up by Prof. Dr. Angela Hobart, London, in the memory of her parents, Dr. Edmund and Margiana Stinnes-von Gaevernitz, and her ancestors, who include, among others, Bertha Hirsch, who set up the first public library in Germany. The Centre's orientation is to encourage understanding, respect and peace internationally, which is especially important in our contemporary era, beset by natural disasters and widespread human conflict. The Centre addresses issues of cross-cultural concern in the domains of society, politics, philosophy, art, religion and medicine, and supports projects that assist in the pursuit of human dignity and human diversity. By encouraging exchange among scholars, students, artists and laypeople of different countries and disciplines, the Centre seeks to honour the capacity of humans to revitalize consciousness and remake their lived realities.

Organizer: Fondazione Centro Incontri Umani – Free entry with donation
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