

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

introduction and meditation

meditation and end of the retreat

Weekend retreat in "Noble Silence"		
Saturday 16 August	08:30 - 11:30 11:30 - 14:00 14:00 - 17:30 17:30 - 19:30 19:30 - 21:30	meditation lunch break meditation dinner meditation and Dhamma talk

20:00

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).

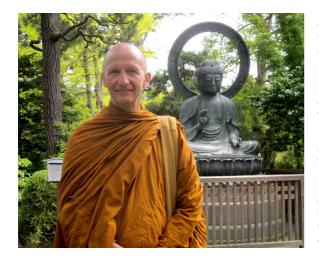
meditation

lunch break

The Seminars are in English language with informal Italian translation.

08:30 - 11:30

11:30 – 14:00 14:00 – 16:00



Friday 15 August

Sunday 17 August

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 contempory 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 Tel/Fax: (0041) 91 791 88 41 – Email: secretary@ciu-ascona.org – www.ciu-ascona.org