



The Seven Limbs of Awakening – a silent study and practice retreat

Led Christina Feldman & John Peacock,
assisted by Antonia Sumbundu.

May 1. - 6., 2018

Gomde Retreat Center, Helgenæs, Denmark

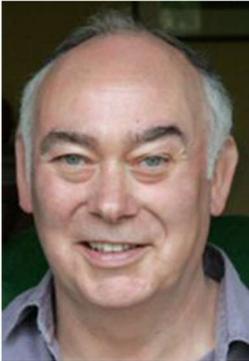
The Seven Limbs of Awakening: The seven qualities held within this map describe the qualities cultivated in the service of living an awakened life and when brought to fruition, the nature of an awakened mind.

This study and practice retreat is a rare opportunity to receive in-depth teachings and practice guidance from highly experienced meditation teachers and students of the early Buddhist texts. It is an invitation to extend one's understanding of the teachings and to deepen one's personal experience of meditation via intensive practice and study within a supportive and harmonious environment of noble silence. During the retreat mornings are devoted to sustained meditative practice. Afternoons offer a more sustained period of teaching. Evenings are given to questions, reflection and practice time.

The retreat is open to all with a serious interest in exploring the Buddha's teachings and how to apply them in one's own meditation practice. It is not a clinical skills workshop, but it is highly recommended and relevant for professionals teaching or training in mindfulness-based applications.



CHRISTINA FELDMAN is a co-founder of Gaia House and a member of the Teacher Council. She has been leading Insight Meditation retreats worldwide since 1976 and is committed to the personal retreat programme at Gaia House. She is a Guiding Teacher of the Insight Meditation Society in Barre, Massachusetts. She is the author of a number of books including *Woman Awake*, *The Way of Meditation*, and co-author of *Soul Food*. Recent books are *Silence*, *Buddhist Path to Simplicity* and *Boundless Heart*



JOHN PEACOCK is both an academic and a Buddhist practitioner of nearly forty years. He was initially trained in the Tibetan Gelugpa tradition in India and subsequently spent time in Sri Lanka studying Theravada. He has lectured in Buddhist Studies at the University of Bristol, but at present he is Associate Director of the Oxford Mindfulness Centre and teaches on the Master of Studies programme in MBCT at Oxford University. He has been teaching meditation for over twenty-five years and is a member of the Gaia House Teacher Council.



ANTONIA DORTHEA SUMBUNDU has been Buddhist practitioner for 30 years. Originally trained as a clinical psychologist she has had a long term interest in clinical applications of meditation has been lecturing, leading training programs, supervising professionals in MBCT internationally for more than 13 years. Since 2010 Antonia has also been leading meditation programs and retreats for a Buddhist organization.

PRACTICAL INFORMATION

Location: Rangjung Yeshe Gomde, Smedehalden 3, Esby, 8420 Knebel, Denmark

Time: The retreat begins Tuesday May 1st in the afternoon and ends Sunday May 6th at lunch.

PRICES

The teachings are offered by the teachers out of generosity. Generosity is one of the foundations on which the continuity of the Buddha's teachings has depended down the centuries and by voluntary supporting the teachers we can help secure the availability of the teachings, enjoy the act of generosity and show our appreciation for what we have received. By the end of the retreat participants are invited to offer the teachers a donation.

ACCOMMODATION AND MEALS (organic & vegetarian):

Bed in a single room: Dkk 4900,-

Bed in a double room: Dkk 3900,-

Dormitory, camping or no accommodation: Dkk 2900,-

Deadline for registration is April 15th 2018. For registration and more information please visit www.karunaworkshops.dk or contact Antonia Sumbundu at karuna@gomde.dk