

Chan



1-Day-Chan-Retreat

Give yourself a weekend of silence – a weekend of meditation.

The 1-Day-Retreat is designed to calm your mind and at the same time to be mindful of your activities. We learn the basic techniques of relaxation and concentration to settle body and mind. We practice in sitting periods of 30 minutes, alternating with Yoga exercises and meditative walking. There will be a Dharma talk. Questions and problems arising with the use of the chosen meditation method can be discussed in individual interviews. One hour of working meditation. Continuous silence.

Retreat language is German, translation into English is possible.

Sun, September 29, 9am to 6pm, 2024

Retreat Teacher: Chang She (Hildi Thalmann)

Venue: Meditation-Centre of Chan Bern, Brunngasshalde 37, 3011 Bern

Retreat Fee: CHF 70 (meal included), online participation CHF 40, reduction possible.

Banc transfer: PC-Konto 60-592636-0. Chan Bern, IBAN CH97 0900 0000 6059 2636 0.

Application until September 25, 2024

info@chan-bern.ch or www.chan-bern.ch