

# Teaching & Meditation Retreat with Lama Mark Webber

April 29 to May 7 2011 in 8265 Mammern TG, Switzerland

## **Establishing Mental/Emotional Freedom: The Art and Science of Meditation**

We are pleased to announce that Lama Mark Webber will be leading a retreat with Dharma talks and practice sessions on meditation in Switzerland. Lama Mark will point out the very heart of meditation, integrating the ancient arts of meditation with our modern understandings of cognition and brain science. He will emphasize through practice sessions the importance of developing an ever deepening awareness and discernment of the qualities of freedom. Teachings from the Anapana-sati Sutta (Mindfulness of Breath) taught by the Buddha will be emphasized. There will be many opportunities for questions and personal guidance. The Empowerment of Namgyal will be bestowed at the end of the retreat.

The retreat will take place in a private cottage near Mammern at Lake Konstanz (Untersee). For more information on the location, the teachings and accommodation please contact Michael Gohl at: <a href="michael.gohl@bluewin.ch">michael.gohl@bluewin.ch</a>

At Wednesday, 27 at 2pm the Namgyal Group Switzerland will organize a group tour with Lama Mark Webber in CERN- Geneva.

Applications must be made until February 10 at Michael Gohl at:

michael.gohl@bluewin.ch

For information on Lama Mark Webber, teachings and schedules please see: www.markwebber.org

For information and registration see verso

#### **Schedule**

#### Open Meditation Weekend April 29 until May 1

Friday, April 29 15.00 -18.00 Arrival and registration 18.30 Supper together

20.00 Opening Class

Saturday, April 30

Sunday, May 1 06.00 Early Morning Group Meditation

09.00 Teaching 15.00 Teaching

20.00 Evening Group Meditation

Silent Retreat

Monday, May 2 until Friday, May 6 Schedule to be announced

Namgyal Initiation

Saturday, May 7 09.00 Wongkur

#### **Privat Interviews with Lama Mark Webber**

Times to be announced

### Information

Karma Yoga Cooking, kitchen cleaning and some other house work will be shared among

the participants.

Costs Course fee Weekend: CHF 150.00

Weekend and retreat: CHF 300.00 Single days: special arrangements Accommodation CHF 20.00 per night in the cottage

Meals We will share the costs among those eating at the

cottage. Count about CHF 10.00 per main meal

Teaching Dana for the teacher according to the Dharma tradition

**Accommodation** In the cottage there are three small double rooms with bunkbeds. The shower is

under the open sky ©. Pillows and duvets are available. Please bring sleeping

bag or your own sheets, pillow cases and duvet cover.

Other options are the guesthouses in Mammern (30 Min. walking or 5 Min.

drive), i.e. Gasthaus zum Hecht: <u>www.hecht-mammern.ch/</u>

Gasthaus und Hotel zum Schiff: www.schiff-mammern.ch

**Travel** Nearest train station is Mammern: <u>www.mammern.ch</u>.

We will pick you up.

For car driving directions check with Michael.

**Registration** Eva & Michael Gohl Tel. +41 44 422 29 87

eva.gohl@bluewin.ch or michael.gohl@bluewin.ch