



NAMGYAL-GRUPPE SCHWEIZ

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: michael.gohl@bluewin.ch

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

