



Summer Meditation Retreat in Berlin, Germany

July 18 till July 23, 2019

This meditation retreat is an opportunity to immerse oneself in an extended period of silent meditation informed by the Diamond Approach®. This stretch of time, for some of us encumbered by our usual day to day life, allows us to deeply practice devoting ourselves to the practice. We learn to invite direct contact with Being and Presence.

A central principle of the Diamond Approach is that when we contact ourselves in a felt-sensed way, we open the door to direct experience of our reality as essential. The fundamental practices of the Diamond Approach are designed to facilitate the radical shift to an intimacy with the totality of our experience spanning personality and Essence. This retreat will support your connection to yourself and to these practices, integrating and deepening of the sensing, looking and listening practice and your meditation practice—developing concentration, awareness and presence in an on-going way.

This retreat is open to all people who are interested in the Diamond Approach.

The daily schedule includes sitting, walking, and eating meditation as well as the practice of presence in all activities. There will be meditation instruction, life practice, 5 Movements, practice & meeting with a teacher and dive into the practice of Inquiry.

Teacher Sarala Jungclaussen is a teacher of the Diamond Approach. She leads Ridhwan Online groups; Intro Ridhwan Workshops; Bookgroups and Meditation & 5 movement groups in Berlin. Her background includes extensive meditation in the Vedic traditions.



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Diamond Approach[®]
Summer Meditation Retreat in Berlin, Germany ,

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Times

Thursday 18 July, 6pm -9pm

Friday, Saturday, Sunday & Monday 9am- 12 pm and 10am to 1pm and 3pm to 6pm or 6 to 9 pm

Tuesday 23 July, 9 am to 11:30am

Location: Naturheilpraxis (bell) Wiesbadener Str.5 in 12161 Berlin-Friedenau

“Early bird Fee” till July 1 st

€450,-

Bursary support may be available to those with limited means, so please be in contact if that feels applicable.

REGISTRATION

Register for Workshop by Saturday 1 JULY 2019

Thereafter late registration fee €540,-

Payments:

You may pay for the retreat via PayPal use “send to friends” (s.jungclaussen@googlemail.com)
Bank transfer options will still be available for payment of the Meditation Retreat 2019, but please consider signing up with PayPal now. It will be easy for you and helpful for administration of the retreat if you use PayPal for registering and paying for the retreat in one transaction.

I am looking forward to being with you!

Accmodation in Berlin:

I am not able to provide help in finding a place to stay. However if you need a place to stay I recommend for you to look for an Airbnb in Schönberg or Friedenau. If we know who is coming you might be able to look for a place together.



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