

Beatenberg Ascension 2022 Insight Meditation Retreat

Wednesday May 25th Sunday 29th



Donation for the teachers:

According to the Buddhist tradition, the value of the teachings cannot be measured. However, the means by which the teachings continue have always been supported by those who recognize their value. Traditionally in Buddhist societies, the community supported all needs of the teachers. In the West, such support has not been developed, the only monetary compensation teachers receive is that provided by retreatants such as yourselves, at the end of the retreat.

Information and registration only at the Beatenberg Center:

Telephone: + 41 33 841 21 31 info@karuna.ch www.karuna.ch

Fee for the course:

Chf 325.- on site and Chf 100.- on line

Location

The Meditationszentrum Beatenberg is located in the Swiss Alps above Interlaken. It has a beautiful view on the Alps and on the lake.

Retreat on line

The retreat can also be followed on line. See the website. www.karuna.ch



Patricia Genoud-Feldman
Charles Genoud
Yuka Nakamura

MEDITATIONSZENTRUM BEATENBERG

During this retreat we will deepen our understanding of insight practice, developing mindfulness of the mind and the body, contemplating their aspects and exploring their qualities in each moment. As wisdom unfolds, the nature of experience will reveal itself enabling an inner transformation. The retreat will allow us to trust in what lies beneath the surface of habitual tendencies, gently opening and relaxing the heart through the cultivation of

The practice of loving-kindness enriches Vipassana meditation by the breadth and lightness of mind that it can bring, it supports an attitude of acceptance and openness for oneself and others that can attain a state of

Remarks: The retreat will be held in silence. The days will be spent in meditation, either sitting or walking. There will be a dharma talk every day to explain the context of the practice. Group or individual interviews will be scheduled to support the practitioners in their practice.



Patricia Genoud- Feldman

Has been practicing Buddhist meditation since 1984 (Vipassana and Dzogchen) first in Asia under the guidance of Dilgo Khyentse Rinpoche and Sayadaw Upandita and then in the West.

She has completed her teacher training at the Insight Meditation Society in Barre, MA. USA under the guidance of Joseph Goldstein and other senior teachers.

Patricia has also studied and trained in Insight Dialogue and the Relational Dharma with Gregory Kramer as well as in MBSR in

Yuka Nakamura

Yuka has been practicing Buddhist meditation since 1993 in the Zen, Vipassana and Dzogchen tradition including extended retreat periods in the US, Burma and Japan. Originally trained as a psychologist (Dr. phil.) and a MBSR-teacher, she was trained as a Buddhist meditation teacher by Fred von Allmen and teaches both mindfulness courses and

Charles Genoud

Has been a student and practitioner of Buddhism since 1970.

He studied with the Venerable Geshe Rabten and then with Dilgo Khyentse Rinpoche. He has also practiced Vipassana meditation in India, in Burma and the US.

Charles studied sensory awareness for several years with Michael Tophoff and spent some time with Charlotte Selver.