



Vipassana Insight Meditation

10-day Meditation Course with Dr. Julia Harfensteller,
at Buddhistisches Haus Berlin-Frohnau, October 8-18, 2020



Vipassana means insight into the interrelatedness of mind and matter with the aim to understand the fabric of our own personality. Vipassana meditation is an ancient and a hugely empowering hands-on approach which starts from the idea that we can learn and understand how our mind works by simply watching it. And if we understand how our mind works, we can free ourselves from unwholesome habit patterns including stressing ourselves out and pushing us beyond our limits.

Along this 10-day silent retreat we will cultivate mindful awareness in meditation as well as in daily activities.

The emphasis is placed on practicing continuity in awareness in everything we do together with an open and accepting attitude towards us and our experience. The retreat includes guided meditations, periods of non-guided practice, Dharma sharings by the teacher and group discussions.

The retreat is suitable for both new and experienced practitioners.

Course language: English and German

Requirements

- Respecting the periods of noble silence during the retreat
- Full registration

Accommodation

Accommodation at Buddhistisches Haus is possible but not obligatory.

The House provides double or triple bedrooms with shared WC/ bathrooms.

You can also bring your own tent or camper.

Participants will be served breakfast and lunch as well as a small evening snack. All meals are vegetarian.



Please indicate your accommodation preferences at registration. At your wish we can provide you with more information about further lodging possibilities in the area.

Costs

The costs include a course fee (100€) + donation for accommodation & food (33€ per day*) + teacher donation (150-300,-€*)

*recommended amount

The course fee covers organization and traveling expenses for the teacher. It is due at registration.

Cancellation and Refund Policy:

If your participation is cancelled 3 weeks before the beginning of the course, your course fees will be refunded with a cancellation fee of 20 €. In case of cancellation up until 10 days prior to the course, 50% of the course fee will be refunded. In case of cancellation within 10 days before the start of the course, you will be refunded 30% of your paid fees. In case you cancel on the last working day before opening day, the full course fee is due.

Information & Registration

For registration please fill in the registration form on our partner's website (www.sage-institut.de/Kurse/Anmeldung).

Please directly contact our partner SAGE Institute for any requests, including accommodation. We cannot proceed registrations at the Buddhistisches Haus. Thank you. You may contact the SAGE-team via email (info@sage-institut.de) or phone (see below).



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