

Non-residential retreat with AJAHN KHEMASIRI

**Saturday 10th Oct. 6.30-9pm &
Sunday 11th Oct 9am-5pm
in Montpréveyres**



Theme : Liberation of the Heart

Ajahn Khemasiri was born in East Germany in 1950. His interest in Buddhism was first sparked through his encounters with Tibetan Buddhist monks, including the 16th Karmapa and Kalu Rinpoche. In 1978 he met Ajahn Sumedho, a disciple of Ajahn Chah in the Thai forest tradition, in London and started to practice under his guidance. In 1984, he became a novice at Amaravati Monastery in England. Two years later, he received full ordination as a bhikkhu at Chithurst Forest Monastery. In 1993, he arrived at Dhammapala Monastery in Switzerland, where he has remained to this day, except for periods spent at the Buddha's holy sites in India and Nepal, and nearly four years in monasteries in Thailand and Burma. He returned to Dhammapala in 1999, becoming the monk in charge of the small monastic community in the Swiss mountains in 2005. In 2018, he stepped down from his position as abbot and spent the following two years visiting various monasteries in Europe and North America. He returned to live as a senior monk at Dhammapala in the summer of 2020 and continues to reside there (www.dhammapala.ch).

This retreat will be in English, with French translation provided. It will include silent sitting and walking meditation, as well as dhamma talks and discussion sessions. The retreat is open to beginners and experienced practitioners, and to people of all religious and ethical backgrounds.

Where: Salle Du Tilleul, Chemin de l'Eglise, 1081 Montpreveyres

What to bring: a mat and a cushion or meditation bench, and a packed lunch. Herbal tea will be available.

Cost : Please bring 10 frs with you to cover the cost of the hall.

In the spirit of dāna, a donation box will be placed at the entrance. Ajahn Khemasiri and Dhammapala monastery depend entirely on the generosity of lay people.

Further Info : Association Mudita

Contact : Anne Michel

Tél : 021 653 71 63

Mail : info@mudita.ch Registration : www.mudita.ch



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