



Weekend retreat in Karlsruhe

with

Yahel Avigur

April 19 – 21 2024

A weekend dedicated to nourish Samadhi

In this weekend retreat, we will cultivate qualities and skills that support the arising and maturing of Samadhi: the quality and movement of the heart, mind and body of energised calm, collectedness and intuitive wisdom.

Following suggestions from the Buddha, we will encourage and cultivate this quality through practice with Breath meditation and Metta. These are rich and valuable practices in and of themselves, and In this context, they will be cultivated as a source of harmony and joy.

We will also attend to developing skills with the challenging aspects of the heart and mind, a skill that's very much a part of this practice.

YAHIEL AVIGUR is a devoted meditator and Dharma teacher. In 2013, after practicing in Theravada and Insight Meditation traditions, he met the Dharma teacher Rob Burbea and became his student. He was encouraged by Rob to teach the complete path of Emptiness as he articulated it, as well as his particular approach to Jhana practice and to train in teaching Soulmaking Dharma. Yahel is also trained in the Hakomi approach of assisted self-study.



Practical information

- Date / Time
- Friday, April 19, 5 pm – 8 pm
 - Saturday, April 20, 10 am – 6 pm
 - Sunday, April 21, 10 am – 5 pm
 - Participation on one whole day is also possible.
Please note: In case there are more applications than places available, participants who wish to take part the whole weekend will be prioritized.
- Location
- Tai Chi Schule, Karlsruhe – Oststadt, Lachnerstrasse 7; 76131 Karlsruhe; main building, second floor.
 - Tram 2 from main station: nearest station Durlacher Tor/ KIT Campus Süd
- Language
- The course is taught in English.
- What you should bring with you
- We have a tradition of sharing food in a joint buffet. It is appreciated, if you like to contribute to that. Cutlery, tea and coffee are provided.
Of course, it is also possible to bring and eat your own food.
 - If necessary: rain gear (for walking meditation outside)
 - We provide cushions or benches. Chairs are also available.
- Costs
- We ask for 40 € for the whole weekend to cover traveling costs of the teacher and rent. If this should prevent participation, please let us know so we can find a way that you can participate anyway.
 - The weekend retreat is offered on a Dana basis. This means that we as a community have the privilege to receive the teachings by Yahel free of charge - and to offer donations to support the teachings and Yahel's livelihood.
- Registration
- In order to register, please send an email to info@vipassana-karlsruhe.info.
 - Please let us know the following information:
 - Your name and address.
 - If you would like to attend Friday + Saturday, Sunday, or the whole weekend.
 - Your acknowledgement that we accept no liability for any damage occurring during the weekend retreat.
 - Registrations are accepted on a first come first serve basis.