

Summer Retreat 2010

Mindfulness, Compassion and Yoga

**Buddhist meditation retreat with
Stephan Pende Wormland and Line
Loklindt.**

Høve Strand 11th – 18th July 2010.



Invitation

Center for Wisdom and Compassion (Tong-nyi Nying-je Ling) invites you to a summer retreat with our precious dharmateacher Stephan Pende Wormland, trained psychologist who for more than 20 years has studied and practiced Buddhism. Stephan Pende is valued for his easily accessible presentation of Buddhist philosophy, psychology and methods. In addition to the meditation Line Loklindt will teach yoga.

WHAT is the retreat about?

Mindfulness, compassion and yoga - is the key words in this retreat.

Full awareness and concentration is practiced on a daily basis through different kinds of meditation. A mind of equanimity and concentration is the foundation for a deeper investigation of the mind and its qualities.

The retreat offers a unique possibility for reflection and mindful living in a beautiful nature setting. There will be days with silence and the possibility of intensifying the awareness and motivation by only eating once a day.

As a base for the camp and the practice everyone is requested to follow the five lay vows during the retreat. These are: Not killing, not stealing, not lying, not having sex and not using intoxicants.

There will be three vegetarian meals a day in biodynamic and organic quality. On the days with precepts lunch is the only meal.

WHO can participate in the retreat?

Everybody is welcome. No previous knowledge of Buddhism or meditation is required. Teachings and meditations are held in an easy understandable English. Nor is it necessary to have experience with yoga. The level of the yoga exercises will be adapted to the needs of the participants. It is important that you are prepared to participate actively in all the different sessions.

WHERE is retreat?

The course is held at a school camp, situated in a beautiful countryside right down to the beach at Asnæs. By public transport it takes about two hours from Copenhagen.

See www.lejrskolen.dk.

Address: Høve Strand, Asnæs Lyngvej 11, 4550 Asnæs.

HOW is accommodation?

The retreat begins on Sunday 11th July. We will arrive between 16 and 18 o'clock. At 18 o'clock dinner will be served and after this Stephen Pende will give an introduction to the retreat program.

The retreat ends Sunday 18th July after cleaning and lunch.

The rooms have 4, 5 and 8 beds. It is possible to put up a tent, and there is also a shelter (small open hut) in the forest.

Price?

The price includes accommodation, food and a donation to Stephan Pende and Line. Transportation is not included.

395 Euro - 3000 DK kr. for members of cvm.

430 Euro - 3250 DK kr. for non-members.

355 Euro - 2700 DK kr. for students, unemployed and pensioners.

HOW can I join?

You can register by mailing the following informations:

- Name
- Gender
- Address
- E-mail

- Telephone nr.
- Special considerations.
- Contact person, phone and e-mail in case of disease.

Since there are limited places available we encourage you to make your reservations as soon as possible by sending the information to: kursus-cvm@fpmt.dk or by post to our address. When you have received a confirmation from us, you can pay either by credit card or bank. Deadline is the 15th of June 2010.

We consider your reservation as confirmed, when the payment is registered. 😊

Do you have any questions please write to kursus-cvm@fpmt.dk or contact Randi Arndtzen telephone: 2762 2770 or Linda Andersen: 3927 8847

Payment

You can pay for the retreat with your credit card, go to: <http://fpmt.dk/donation.php>

It is cheapest for you and the centre if you pay with credit card, but if it is not possible, you can make an international transfer, the needed information is as follows:

Address of Centre:

Center for Visdom og Medfølelse

Kompagnistræde 22, 3 tv.

1208 Copenhagen K

Bank: Danske Bank

IBAN no.: DK1030000009945024

BIC/SWIFT: DABADKKK

If you are in doubt of anything please mail to: kursus-cvm@fpmt.dk

We look forward to seeing you

Love and light

Center for Wisdom and Compassion,

Tong-nyi Nying-je Ling

Kompagnistræde 22B, 3. sal tv.

1208 Copenhagen, Denmark.

www.fpmt.dk

Center for Wisdom and Compassion, Tong-nyi Nying-je Ling ,
is a Mahayana Buddhist Centre, which belongs to the Gelugpa Tradition based on Lama Tsong
Khapas teachings. The Centre is part of FPMT (The Foundation for the Preservation of the
Mahayana Tradition), which was established by Lama Tubten Yeshe/ Lama Ösel Rinpoche and
Kyabje Tubten Zopa Rinpoche.