



# Exclusive Shamatha meditation retreat - in beautiful Sweden 4<sup>th</sup>-11<sup>th</sup> of August, 2018

Relaxation – Stability – Clarity

*Suitable for beginners and experienced meditation practitioners. Limited to 25 people.*

Centre for Wisdom and Compassion is excited to present this year's summer retreat with ven. Mary Reavey.

Set in a beautiful natural environment in Sjövik, Sweden, the facilities offer the perfect conditions for relaxation, healing and meditation.

The theme of the retreat is Shamatha – the cultivation of attention aimed at achieving single-pointed concentration. The retreat is an opportunity to take your meditation practice to another level and to experience tangible benefits from a more concentrated mind that can be applied more effectively to everything.

No matter your level of meditation, you can benefit from training your attention. With this skill we can:

- uproot negative habits
- develop Bodhicitta – the mind of enlightenment
- experience insights into the nature of reality
- radically alter our relationship to the rest of the world

The structure of the retreat will be based on Dr. B. Alan Wallace's book "*The Attention Revolution*" – and will include many 24 minutes meditation sessions as well as teaching, reflection and discussion.

The retreat will also feature guided yoga sessions and time for nature walks. Periods of silence will be integrated in the retreat.



**Price:**

3500 DKK (Dormitory - 4 beds: male or female only)

4000 DKK (Double room: male or female only)

4500 DKK (Single room)

The fee includes teachings, accommodation and vegetarian meals.

**Place:**

Sjövik

Mössjöås-Sjövik

3 030 Lammhult - Asavägen Småland – Sweden

[www.meditationskolen.com](http://www.meditationskolen.com)

**Registration:**

Please register by sending an email to [dharmaholm@gmail.com](mailto:dharmaholm@gmail.com). Please note that the retreat is limited to 25 people.

**About the teachers:**

Ven. Mary Reavey's background is in nursing and education. She became a Buddhist in 1978 after attending the one-month Lam Rim course held at Kopan Monastery, Nepal. She took ordination as a nun in 2001 with Lama Zopa Rinpoche and in 2015 received Bikshuni ordination in France. Ven. Mary has attended long retreats with Lama Allan Wallace on Shamatha. She completed a one-year solitary Shamatha retreat on Holy Island off the West coast of Scotland under the guidance of Allan Wallace. Ven. Mary uses a wonderfully structured and interactive approach, which allows us to gain a more in-depth understanding of the teachings, helping us to develop confidence in the path.

Her style of teaching is very accessible and her sense of humor is invigorating!



Cecilie Svendsen is the founder and owner of UpDogYoga in Amager. She has a warm and sensitive approach to teaching and a heartfelt belief that everyone can benefit from the yoga. Her teaching includes soft hatha and vinyasa flow, yin yoga and Kundalini yoga. Cecilie has taught for more than 1000 hours within the last many years, and she has completed various yoga teacher trainings. Apart from teaching yoga, Cecilie also help people through periods with stress, milder depressions and anxiety with yoga therapy. [www.updogyoga.dk](http://www.updogyoga.dk)