



Creative Weekend at Amaravati

Friday 30th Nov - Sunday 2nd December 2018

We create our individual world according to how we perceive the world. So your world may be different from mine ...
“Perception” (saññā in Pali, the Buddha’s language) is a very interesting theme to explore with creative means.

We will offer devotional pūjās and ways of exploring and reflecting on our ways of perception individually and in the group. This will include periods of guided and silent meditation to strengthen present moment awareness, also moving, painting etc. and the contemplation of Buddhist teachings.

We ask all participants to follow the 5 Precepts and take refuge in the Triple Gem. Part of the weekend will be held in silence.

The Creative Weekend is open to anyone who is 18 or over. You are requested to participate for the duration of the weekend.

The Retreat starts between 5 and 6:30pm on Friday (with a light meal) and ends around 4 pm on Sunday. It will be led by Sister Cīttapālā.

There is no charge for attending retreats at Amaravati. However, to meet the running costs of the retreat centre, we do rely on the generosity of those attending. Previous retreatants will have made a donation, enabling others to attend. As a guideline: The costs for running the centre are approx. £ 20 per person/day. Any donations are anonymous and entirely voluntary; retreatants are invited to give whatever they are able to offer.

You are asked to bring food/dishes for a shared lunch (pot luck) on Saturday and Sunday and to help with some meal preparations.

For more information and booking, please visit family.amaravati.org or contact Joy Love <joy.love@virginmedia.com>