

# Creative Weekend at Amaravati

Friday 22nd - Sunday 24th September 2017

**“This, which is my body, from the soles of the feet up, and down from the crown of the head, is a sealed bag of skin filled with unattractive things.**

**In this body there are: ...“**



*This year's theme will be “**The 32 Parts of the Body**” — a seemingly gruesome teaching which the Buddha gives us to cut through the attachment to our own body and the body of others, in order to realise stream-entry. Why did he choose to contemplate the body as “parts”? And how can we do that without getting out of touch or dismissive about our body? — Many questions ...*

*We will offer devotional pūjās and ways of exploring and reflecting on the theme 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 Cittapālā and Sister Tisārā.*

*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 on Saturday and Sunday (pot luck) and to help with some meal preparations.*

**For more information and booking**, please visit [family.amaravati.org](http://family.amaravati.org) or contact Joy Love <[joy.love@virginmedia.com](mailto:joy.love@virginmedia.com)>