

THE WHEEL OF LIFE

WEEKEND MEDITATION RETREAT
MAY 18 - 21 2023 - ALENTEJO

AGORA



TOOLS TO UNDERSTAND
HOW TO BREAK FREE
FROM OUR REACTIVE
MIND

WHERE ARE WE GOING?

The **Wheel of Life** is a Tibetan visual description of how we go through life with a reactive type of mind. We are imprisoned within a castle of habitual reactions and ways of thinking. They seem apparently interesting and full of treasures to find. Yet, we are trapped.

How can we escape?

The **Wheel of Life** tells us how the mental "game" works, how to get from one chamber of the castle to another, it describes the distractions in the different chambers and - most importantly - it tells us how to find the door that leads us out of the castle, **to freedom.**





RETREAT AT THE HEART OF ALENTEJO

We will be immersed in Fonte das Perdizes- Alentejo where nature has a soothing effect on the mind. The retreat is an opportunity to slow down, to connect with nature, self and others and with the subject of our retreat. We will use different techniques and tools to tap into the unconscious reservoirs of the mind: guided meditations, mindful walks, sounds, music, vibration, rituals and silence.

Instead of doing more, we will have time to do less and an opportunity to find satisfaction in "just" being: what a luxury!

WITH

LUIS SALAMANCA
BUDDHIST CENTER @ AGORA LISBOA



Luis has been meditating for 20 years, after having discovered zen Buddhism in Japan. He worked 10 years for a French government organization before giving a new start to his life by moving to Lisbon and joining Agora Lisboa. He received his training as a meditation teacher from Dh. Vajracaksu and is a mitra (friend) of the Triratna Buddhist order. He enjoys creating a safe space in Agora where students can learn, share and create while encouraging each other with a sense of community.

PRACTICAL DETAILS

- STARTS THU 18.05 @ 18:00 - ENDS SUN 21.5 @ 15:00
- WE WILL OFFER DELICIOUS VEGETARIAN MEALS 3 TIMES PER DAY.
- PARTICIPANTS WILL HAVE PLENTY OF TIME TO REFLECT, TO RELAX AND DISCUSS WITH OTHERS WHAT COMES UP DURING THE RETREAT
- PRICE: 390€, INCLUDING TEACHING, FOOD AND ACCOMODATION.
- SUBSIDIZED PRICE AVAILABLE ON REQUEST.

- BOOKING & INFO:
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