



AGORA
MEDITATION RETREAT
Ethics to Insight, a path of liberation
Feb 29 - Mar 3 ALENTEJO 2024

On this retreat we will use **The Five Ethical Principles of Buddhism** as a basis for studying the human potential for transformation. How can we transcend our reactive ways of relating with others and the world, bringing more awareness and creativity to our daily lives?

Buddhist Ethics invite us to go beyond the reductive polarities of "good" and "bad", to experience instead Ethics as a practice of liberation and insight.



● Meditation ● Gathering ● Nature ● Silence ● Nourishment ● Contemplation



LEAD BY



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 busshist 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.



Sugarbha got involved with Triratna as a 19 year old in Ireland. Since then he has spent over 30 years in various Triratna projects including settling up a Triratna Centre in the city of Southampton, England. Sugarbha moved to Barcelona 11 years ago along with a group of Order Members to set up a Buddhist Centre in the city. These days he is one of the main teachers there and is also part of the Ordination Team which helps men in Spain and Portugal prepare for Ordination.

PRACTICALITIES AND INSCRIPTIONS

- Starts Thu 28.02 @ 17:30 - ends SUN 03.03 @ 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.
- For more info and bookings: luis.meditation@gmail.com
For more info and the Form, access the link in our bio.