

LIFE WITH FULL ATTENTION



MAY 16-19

ALENTEJO 2024

4-DAY MINDFULNESS RETREAT

"Life is not a problem to be solved, but a reality to be experienced."
Soren Kierkegaard

Mindfulness is a quality that enhances all experience, whether mundane or extraordinary. We all have had those moments of vivid awareness where reality seems to unveil its full luminosity and we experience an open flow of creative energy within us. Maybe it happens while watching a sunset or while listening to a particular music... and then we taste life with full attention. Having experienced this, it is only natural to try to come back to that taste of life, over and over again.

In this 4-day retreat, we will explore the foundations of mindfulness according to the Buddha and experience it within the best possible context: plain nature in the heart of Alentejo!



LED BY LUIS SALAMANCA

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.





● Practice ● Gathering ● Nature ● Silence ● Nourishment





PRACTICALITIES AND INSCRIPTIONS

Price: 390€

Where: Fonte das Perdizes (Alentejo)

What's included:

- Teaching
- Accommodation in shared bedrooms in beautiful spacious villa in a with a swimming pool (if the weather allows it)
- Delicious vegetarian meals and snacks
- Subsidised price available on request

*Price does not include transport to/from the Retreat centre. You can come by car or take a train from Lisbon to Grandola. Let us know if you need help organising a transfer from Grandola to the venue (15 mins by car).

More info & booking: Access the Google form via Linktree to book your spot