

CULTIVATING FRIENDSHIP

SEP 10-15



ALENTEJO 2024

5-DAY MEDITATION RETREAT

How can friends become a path to freedom? How can they help us to free ourselves from suffering? Can friendship help us to know ourselves more fully? What is friendship? How do we make friends and maintain, even deepen, our relationships with others? - These are some of the questions we will be exploring in this retreat.

In a beautiful setting, surrounded by cork oaks and eucalyptus trees (and within reach of a swimming pool) we will be looking into the practice and experience of ***Kalyana Mitrata*** or "beautiful friendship", trying to unravel its mysteries and face some of its challenges as a spiritual practice. We will examine how this very natural human response to others can become a spiritual practice and so can be made into a tool to help us grow and become more fully ourselves.

LED 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 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.



Amalapati was ordained into the Triratna Buddhist Order in 2002. Since 2003 he has lived and worked in Spain and Catalunya. He was the director of the Valencia Buddhist Centre between 2010-2018. He is part of the SPANISH ordination team and is actively involved in other Triratna projects. He works professionally as a musician and is on the teaching staff of the ESMUC in Barcelona. In 2002 he wrote and performed an opera based on the last days of the Buddhas life.



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



PRACTICALITIES AND INSCRIPTIONS

Price: 650 eu

What's included:

- Teaching
- Accommodation in shared bedrooms in a beautiful and spacious villa with swimming pool
- Delicious vegetarian meals and snacks
- Subsidised price available on request

*Price does not include transport to/from the Retreat centre. You can take a train to Grandola or share a car ride (according to car availability).

More info & booking at info@agora-lisboa.com and in the link in our bio.