



THE SANGHA:  
A PLACE FOR THE  
HEART'S RELEASE

**MEDITATION RETREAT**  
MAY 8 - 11 / 2025

*"To be human is to be related to other human beings. We cannot live our lives in isolation; whatever efforts we make to develop as individuals are continually tested in the fires of our relationships with other people"*  
Sangharakshita, on 'What is the Sangha?'

The **Sangha**, the spiritual community, is traditionally one of the three highest ideals of Buddhism, alongside the Buddha and the Dharma. It is the place where the heart's release may find the conditions to come to maturity. In this weekend retreat we will explore the ideal of the Sangha as a free association between individuals, where each one becomes more of what they truly are.

Inspired by the surrounding nature, we will use a range of tools to stimulate the creative reservoirs of the mind: meditations, dharma talks, discussions, rituals and silence.

## **CASA SHANTI** *Our retreat venue*

With a name that means 'THE HOUSE OF PEACE', Casa Shanti is located in Penedo do Lexim, near Mafra, halfway up the slopes of ancient extinct volcanic chimneys.

Designed as a place of rest for the mind and body, its architecture keeps the charm of its hillbilly roots and provides an intimate connection with the beautiful gardens and the natural paradise where it was built. It will provide an ideal environment to truly "retreat" from our ordinary life and dive into the depths of the mind.





*Lead 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.



### **PRACTICAL INFORMATION**

Starts Thu 08/05 - 17:30

Ends Sun 11/05 - 15:00

*We will offer delicious vegetarian meals 3 times per day.*

### **PRICE:**

Food and accommodation

(for Casa Shanti): 255€ (*shared bedrooms*)

Teaching Fee: 215€

**Total Price:** 470€

*\*Subsidized Price available on request*

### **BOOKING**

Link in Bio, Agora website or [info@agora-lisboa.com](mailto:info@agora-lisboa.com)

*Retreat suitable for regular meditators*