

# The Unseen Flower: Compassion

**Meditation Retreat**

**April 2 – 5, 2026  
Casa Shanti, Mafra**



We are living in an age many describe as one of ongoing, systemic crisis and a constant sense of urgency. It is easy to feel overwhelmed and even powerless.

## **How might we respond?**

The Buddha's answer is timeless: cultivate wisdom and compassion. Wisdom allows us to see things as they truly are. Compassion allows the heart to open — to ourselves and to others — even in the midst of difficulty.

Compassion may be subtle, even unseen — yet it is profoundly transformative.

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. Drawing on Buddhist teachings and methods, we will explore ways to steady the mind and open the heart.



## **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.



***Led By***  
**LUIS SALAMANCA**



Luis has been meditating for 20 years, after having discovered Zen Buddhism in Japan. He worked for 10 years for a French government organization before giving a new start to his life by moving to Lisbon, joining Agora Lisboa and starting a Buddhist Sangha.

He received his meditation teacher training 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

- Retreat suitable for any level of experience
- Starts Thu 02.04 at 17:30 ends Sun 05.04 at 15:00. We will offer vegetarian meals 3 times per day.

### **Price:**

Food and accommodation (for Casa Shanti): 255 euros  
(shared bedrooms)

Teaching Fee: 215€

Total Price: 470€

Subsidized Price available on request

**Booking:** scan the code or send an email to [info@agoralisboa.com](mailto:info@agoralisboa.com)

