



THE EYE OF THE STORM

*HOW TO NAVIGATE THROUGH
CHALLENGING TIMES*

MEDITATION RETREAT

OCT 1 - 4 / 2026

We offer this retreat as a space for each participant to explore their lives in creative and honest ways.

You might perhaps be able to identify difficulties and aspects of your life which are holding you back. You may be experiencing choppy or even stormy waters.

How can we turn these troubling experiences into real opportunities for growth and insight? How can the energy caught up in personal crises be harnessed and used to create new ways of being? These are some of the questions we will be exploring through meditation, informal presentations, discussion and ritual.

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 AND AMALAMATI

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.



Amalamati 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 Buddha's life.



PRACTICAL INFORMATION

Starts Thu 01/10 - 17:30

Ends Sun 04/10 - 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

Retreat suitable for regular meditators