

Wisdom & Compassion

1– 5 March 2008
Rishikesh / Rahm Juhla

with

Kaliji & Shiromani

**A meditation-retreat including
vipassana meditation, yoga & inquiry**

Welcome to ground your spiritual practice at this retreat, located next to the mother-river Ganges. Our focus for this year will be on matters of the heart. Together we will inquire into how to live a life grounded in wisdom, fully embodied, expressing an open heart, even in times of difficulties. The retreat which will be partly in silence includes meditations of sitting, walking, daily metta-practice (loving kindness), inquiry and one to two hours of yoga in the afternoon. At lunch there is time to rest near the river and there will be opportunity for one to one meetings. This will be the fourth year that Kali offers a retreat in Rishikesh, after teaching at the Dharma Gathering in Sarnath February 9 - 19, 2008 with Christopher, Radha, Ajey and others. Shiromani ([www. fourmermaids.com](http://www.fourmermaids.com)) will be teaching yoga and manage the retreat, This retreat is suitable both for beginners and the more experienced meditator.

Costs: 4500 rupees/ about 100 Euros / 120 \$ for real nice rooms/shared doubles. There will be possible cheaper alternatives. The price covers room, (bedsheets & hot showers) and board-partly ayurvedic, vegetarian meals. In addition donations will be asked for the teachings according to the Buddha Dharma tradition. Contact: mettha@gmail.com Registration: sara@fourmermaids.com For directions and more information please visit our website at:

www.dharmanow.com



May all beings live in peace & harmony

