

Vimutti Easter Retreat 2018

Fri 30 March, 2pm - Sunday 1 April, 5pm (non residential retreat)

Compassionate Presence

“There is nothing that you need hold on to and there is nothing you need push away.” (Sutta Nipata)

Often we undertake spiritual practice with ideas of a goal. This sets up a tension between what we think we need to develop, and what we think we need to get rid of. However, the path actually leads us more deeply into presence with what is happening, here and now; and to attunement that brings relaxation and deepening freedom from contention.

In this retreat we will offer encouragement for practitioners to develop a compassionate approach to your meditation and experience – just as it is – creating a safe holding for this enquiry, in an ethically sensitive environment.

The days will be structured through sessions of walking and sitting meditation. Dharma reflections will be offered, and opportunities for questions and answers.

Willa Thaniya Reid and Elizabeth Day have trained in the Ajahn Chah forest tradition in monasteries in England (where Willa was the senior nun at Cittaviveka). They recognize the value of meditation cultivation and enquiry after decades dedicated to these practices. They offer the fruits of practice, along with their national and international teaching experience.



To register for this event please contact Willa and Elizabeth at kihikihi.meditation.yoga@gmail.com