

Heart Medicine:
for establishing a free and loving relationship to life.

**2019 non-residential Vimutti Easter Retreat with Willa Thaniya
Reid and Elizabeth Day
Friday 19th April 2 pm to Sunday 21st April 5pm**

The Buddha's teaching on the four Sublime Abidings – befriending, compassion, gladness and evenness of heart – provides a way of being available to the world of our experience. These four heart qualities are an essential cultivation if spiritual practice is to ripen in freedom from all stress, Nibbana. Heart cultivation leads us more deeply into presence with what is happening, here and now; and to an attunement that brings relaxation and relief from contention. This is an embodied practice which, when established, becomes the way we meet the 'inner' and 'outer' world. By this practice our lives become a blessing for ourselves and others.

In this retreat, we will encourage you to develop an attuned approach to your meditation and on-going experience – just as it is. The loveliness of the monastery environment will create a supportive holding for this enquiry.

The days will be structured through sessions of walking and sitting meditation. Dhamma reflections will be offered, and opportunities for questions and answers. Noble silence will allow a deepening of your ability to notice and reflect on 'inner' experiences: this brings the capacity to meet the 'outer' world. Through the practice of meditation, reflection and joint inquiry you will develop your capacity to 'welcome' what's here and know freedom from stress.

All are welcome – those new to meditation as well as those more experienced.

Bring something to contribute to a shared meal.

For additional information contact: Kihikihi.meditation.yoga@gmail.com

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.

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Friday:

11am – 2 pm	Meal and clean-up
2 – 5pm	Sitting & walking meditation, with Q&A
5 – 6pm	Tea break
6 – 8pm	Chanting, meditation & Dhamma reflections

Saturday:

6.30 – 7.15am	Chanting & meditation
7.30 – 8.30	Breakfast and chores
8.30 – 11am	Meditation and reflections
11am – 2 pm	Meal break and clean-up
2 – 5pm	Sitting & walking meditation, with Q&A
5 – 6pm	Tea break
6 – 8pm	Chanting, Meditation & Dhamma reflections

Sunday:

6.30 – 7.15 am	Chanting & Meditation
7.30 – 8.30	Breakfast and chores
8.30 – 11am	Meditation and reflections
11am – 2 pm	Meal break and clean-up
2 – 5pm	Sitting & walking meditation, with Q&A

As this is a non-residential retreat you are welcome to join after breakfast time. This will be an open retreat allowing those visiting Vimutti to also join for part of the day. Please bring something to contribute to a shared meal. Early morning practice and evening sessions will be held in the Sala.