

Awakening through heart cultivation

**2022 non-residential Vimutti Easter Retreat
with Willa Thaniya Reid & Elizabeth Day
Friday 15 April 2 pm – Sunday 17 April 5pm**

Subject to last minute cancellation depending on the Omicron situation

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, Nibbāna. 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. This is an important cultivation at this time of global conflict and distress.

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 shared meals.

Awakening through heart cultivation

Non-residential Vimutti Easter retreat 2022

Subject to change depending on Omicron situation

Friday:

11am – 1.30 pm	Meal and clean-up
1.30 pm	Orientation (Sala)
2 – 5pm	Sitting & walking meditation, with Q&A (Yurt)
5 – 6pm	Tea break
6 – 8pm	Chanting, meditation & Dhamma reflections (Sala)

Saturday:

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

Sunday:

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

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.