

City-Retreat with Brian McLeod

Aikido-Schule Wuppertal

October 21 - 26 2024

Simple Meditation

Monday October 21—Saturday October 26
09:00 - 17:00

Do I know how to meditate?
Are there technical points that might help deepen my praxis?
What are my deep questions in meditation? In life?

The primary meditation practice for this week-long day-retreat will be *Anapanasati* -awareness of breathing in and breathing out.

We will also have sessions of Qi-Gong, writing and occasional small group discussions to support our practice, and to help each other with practice.

Brian

Brian McLeod has been studying Dharma and practicing meditation for a long time. Classes are in clear and simple English. He has been leading annual retreats in Wuppertal for twenty-five years.



Contribution to expenses: 200.- €

Dana

There is no fixed fee for teaching. Participants are asked to donate to the best of their ability, to support the Teacher and the Dojo.

Ort:

Aikido-Schule Wuppertal
Bornberg 55,
42109 Wuppertal

You must register with Ludger Müller for this retreat.
email: ludim@me.com Tel.: 0177 8091400