



VIPASSANA - METTA MEDITATION RETREAT

with KAMALA MASTERS,
STEVE ARMSTRONG and
special guest JOSEPH
GOLDSTEIN

March 16 – 24, 2012

CAMALDOLI MONASTERY
CASENTINO, TUSCANY,
ITALY

We are pleased to offer this opportunity to practice the Buddha's teachings of insight (Vipassana) and loving-kindness (Metta) meditation with three outstanding teachers from the United States.

This retreat combines alternating periods of sitting and walking meditation.

Evening discourses provide direction and understanding of the dharma. There will be scheduled time for questions in addition to individual interviews. All the participants will be in silence throughout the retreat.

TEACHERS

Joseph Goldstein is the co-founder of the Insight Meditation Society in Barre, MA, author of many popular books and leader of retreats worldwide on Vipassana & metta. www.dharma.org Kamala Masters, a teacher at IMS & worldwide, has practiced Vipassana and Metta meditation with Ven. Munidraji and Ven. U Pandita since 1975.

Steve Armstrong, was ordained as a Theravada monk at Ven. U Pandita's monastery in Burma for five years before returning to lay life in 1991. He also teaches at IMS & worldwide.

Kamala & Steve are currently building a hermitage on Maui, Hawaii, where they make their home.

Info: www.vipassanametta.org

VENUE

Camaldoli monastery is situated in a vast national

forest in the enchanting hills of Tuscany, Italy. The peaceful setting makes Camaldoli ideal for a retreat of this kind. For more info: www.camaldoli.it

REGISTRATION & FEE

620 euros double room
700 euros single room
Registration deposit is
155 euros for double room
235 euros for single room
(non refundable)

DANA/GENEROSITY

Since the teachings of the Buddha are considered priceless, they have traditionally been offered freely by the teachers out of the spirit of generosity. Therefore, the fee for the retreat covers only the direct costs. The teachers do not receive any payment for the teachings from that fee. If you would like to support their continued work, you can practice Dana by offering a donation to them at the end of the retreat.

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