



WALDHAUS AM LAACHER SEE

2015 Program – Course # 33/1

Steve und Rosemarie Weissman – BUDDHIST MEDITATION RETREAT - Part 1

For new and experienced meditators. Teaching is in English.

This is a silent intensive retreat.

More information and sign up at: teachers@rosemary-steve.org

Friday, 3 July – Sunday, 12 July

9 Days – KB € 135 + UB + Donation

This 9-day Regular retreat is suitable for both new and experienced meditators. It is the first half of a longer 18-day retreat for old students of Rosemary and Steve. Old students have a choice to do: 1) the 9-day Regular retreat, 2) the 9-day Special retreat, or 3) the full 18-days. Waldhaus is very happy to offer this longer retreat for more serious experienced meditators.

These retreats are intensive retreats in which many of the basic methods of Theravada Buddhism are explained in order to gain insight into reality. Retreatants will work on developing compassion, wise reflection, mindfulness, as well as an understanding of cause and effect, and impermanence. Much time will be spent in the formal sitting, walking and standing postures. The teachers will give talks in the mornings and evenings, as well as private one-on-one interviews, which are very helpful.

Books: If you don't understand English very well, it is very helpful for you to read Steve and Rosemary's Regular Retreat book in German which covers the basic talks: „Mitfühlendes Verständnis: Vipassana-Meditation. Ein 10-Tage-Kurs,“ Jhana Verlag. Second Edition 2001, or an eBook is available at <http://rosemary-steve.org/data/ebooks.htm>. Translations are also available in Dutch, Spanish, Italian and Thai.

Also, an easy-to-read inspirational book with selections from the old students' 20-day retreat, „Do you see the Diamond in the Rock?,“ is available in German, „Der verborgene Diamant: Die umfassende Praxis buddhistischer Meditation, ein Weg zum inneren Frieden,“ Waldhaus Verlag, 2009. It can be helpful for those doing the full 18 days to read this book.



For 25 years, **Rosemary** and **Steve** were the resident meditation teachers at Wat Kow Tahm International Meditation Center, Thailand, before they moved back to Australia in 2013. They were taught by leading Buddhist teachers and began their own teaching program in 1987. They place particular emphasis on intensive and integrated practice, and the development of compassionate understanding.

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