

Meditative Retreats In Swiss Alps

Inspired by J. Krishnamurti's Teachings

23 -25 April, 30 April - 2 May & 7 - 9 May, 2021



“That brain can regenerate itself, renew itself, make itself young, fresh, untouched by all the pressures, by the various shocks of modern society and it is one of the major functions of meditation to keep that brain completely whole.” - J. Krishnamurti in India 1974-75

RIVERSONG

1880 Les Plans-sur-Bex - route de Pont-de-Nant 8, Switzerland

www.riversong.ch

CONTACT

Bernard Pulfer

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FACILITATOR

Mukesh Gupta from Varanasi, India is going to facilitate this retreat. He is an international speaker and regularly facilitates self-inquiry based retreats, workshops and dialogues inspired by the teachings of J. Krishnamurti. His website: www.schoolforselfinquiry.org

INTRODUCTION

These meditative weekend retreats offer a quiet and healing time to explore some of the most fundamental questions of our daily living. We are going to inquire, listen, observe and meditate as friends in a relaxed, trusting and affectionate atmosphere. The primary intention of these retreats is that our entire day becomes a meditative process by taking a complete break from our daily mechanical way of living and allowing our minds and hearts to deeply rest and rejuvenate.

The daily schedule will include short introductory talks, meditative dialogues, silent observation and listening, long walks in nature and meditation.

Riversong is the venue of these retreats which is a small beautiful village nestled like an oasis in the Alps of Switzerland, about two hours from Geneva International airport. The place also offers an age-old healing Swiss tradition of warm salt-mineral baths.

DATES & THEMES

APRIL 23- 25, 2021

Can the mind be free of the past? What prevents us from living fully now?

APRIL 30 - MAY 2, 2021

Is there a different way of living in this world of confusion and uncertainty?

MAY 7 - 9, 2021

Can the mind be quiet?

DAILY SCHEDULE

8.30: Breakfast [All meals vegetarian]

9.30 -12.30: Introductory talks, silent sitting and meditative dialogue session

13.00 - 15.00: Lunch and rest time

15.00 - 16.30: Silent walks in nature

17.30 - 18.30: Meditative Self Inquiry

19.00: Dinner

[With flexibility according to the need and dynamics of the group.]

LOGISTICS

Arrivals: On Fridays afternoon

Departure: On Sundays after lunch. People are welcome to arrive a few days before the retreat and relax and enjoy the beauty of the Riversong.

Charges for the whole weekend including all the meals and the program (salt-mineral baths not included):

Single Room: ChFr 250

In a double occupancy: ChFr 220

The number of participants being limited, reservation will be done on a first-come-first-served basis.

For booking your place please contact Bernard:

E-mail: info@riversong.ch
00 41 79 607 80 65

"I think it is essential sometimes to go to retreat, stop everything that you have been doing and look at them anew. You would then let in fresh air into your mind. You would be open to the mysteries of nature and to things that are whispering about us, which you would not otherwise reach..." -J. Krishnamurti