

Meditative Retreats In The Swiss Alps

Inspired by J. Krishnamurti's Teachings

November 7 - 11 & 12 - 14, 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

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FACILITATOR

Mukesh Gupta from Varanasi, India is an international speaker and educator who facilitates self-inquiry retreats and seminars world-wide, inspired by the teachings of J. Krishnamurti. He sees that a deep non-authoritarian meditative process of self-inquiry, based on love, listening and looking from a silent state of mind and heart, is essential to establish peace and harmony in one's daily life. schoolforselfinquiry.org

INTRODUCTION

These meditative 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.

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

November 7 - 11, 2021

Meditation in Daily Living

November 12 - 14, 2021

On Learning, Creativity & Transformation

DAILY SCHEDULE

7:30 - 8:00: Silent meditation

8.30: Breakfast

9.45 -12.00: First session with introductory talk, self-inquiry and meditative dialogue

13.00: Lunch and rest time

15:00: Krishnamurti Video followed by a small discussion

16:30: Silent walks in nature

19:00: Supper

20:30: Closing circle

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

LOGISTICS

Cost for the retreat including vegetarian meals and the program (salt-mineral baths not included):
Nov. 7 - 11: ChFr 480
Nov. 12 - 14: ChFr 260
Bedsheets optional: ChFr 15
Possibility to help for two hours during the day: deduction ChFr 35 per day.
Note: it is possible to come for a minimum of two nights during the retreat.

For booking your place please contact Bernard Pulfer:

E-mail: info@riversong.ch
00 41 - 079 607 80 65
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"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