



THE ART OF LIVING & TRANSFORMATION

A DEEP MEDITATIVE RETREAT

14 – 20 November 2022

Riversong – 1880 Les Plans-sur-Bex –
route de Pont-de-Nant 8 – Switzerland
www.riversong.ch/en/

INVITATION

“The greatest art is the art of living, greater than all things that human beings have created...” – J. Krishnamurti, *The Whole Movement of Life is Learning*

As human beings we all wish to live life with joy, peace, love and creativity. Only when we come in contact with our true essence, our inner song, we start to live life with fullness. When we are living mostly driven by our past baggage, life becomes heavy and a field of suffering. Stepping out of this conditioned field of suffering is essential to discover the true freedom, love and beauty of life.

This retreat is a wonderful opportunity for those who are willing to go deeper into the journey of self-discovery and transformation. Whether you are a seeker, a mindfulness practitioner, a coach, a therapist, an artist, a teacher, a professional from any field or simply a student of life, this retreat offers a safe, gentle and caring space to relax and explore a new dimension of living.

Retreat Highlights

- ◆ Offers a compassionate learning space where one’s deepest essence can unfold and flower. Provides a deep rest for the mind, body and heart which is essential for learning about oneself.
- ◆ The deep intention of this retreat is not to fill the mind with intellectual knowledge but to awaken a deep source of being, the intelligence of heart and get inspired to live everyday life from the wellspring of pure presence.
- ◆ Inspiring live talks
- ◆ Meditative dialogues and self-inquiry sessions
- ◆ Exercises in 1:1 and small groups
- ◆ Meditations
- ◆ Deep inner rest



FACILITATOR

Mukesh Gupta is a worldwide frequently invited speaker and facilitator for retreats, workshops and seminars. He has been on this meditative and transformative journey for more than two decades inspired by the teachings of J. Krishnamurti, Buddha and Non-dualism. His approach is primarily based on the direct perception of existential questions from a non-reactive still mind and an affectionate attentive presence. He is the founder of the School for Self-Inquiry. www.schoolforselfinquiry.org

KEY QUESTIONS TO BE EXPLORED:

- ◆ What are the existential questions of our life?
- ◆ What is the art of meditative self-inquiry?
- ◆ What is awareness, self-knowing and pure presence?
- ◆ What is deep listening, observation and transformative learning?
- ◆ How to face our deep fears, emotional reactions, sorrows, hurts and traumas?
- ◆ What is the source of conflict in our relationships?
- ◆ What is love? What is inner freedom and joy?
- ◆ Why do we feel a kind of stagnation in our life, work and relationships?
- ◆ What is meditation in daily life? Can the mind be still now?

DAILY SCHEDULE

8:00: Breakfast

9:30 – 11:00: Silent meditation, Introductory talk and meditative self-inquiry

11:30 – 12:30: Learning experiments in 1:1 and small groups

13:00: Lunch and free space for being with oneself and walks in nature

17:30 – 18:30: Whole group meeting and looking into the key questions of the day

19:00: Supper

20:30: Closing circle and meditation

VENUE & LOGISTICS

Riversong is nestled in a small beautiful village in the Alps of Switzerland, about two hours from Geneva International airport. A perfect place to take a complete break and immerse in the natural beauty and oneself. The place has revived an age-old Swiss tradition of healing hot baths containing special salts and minerals.

Per day cost for the retreat including the room, all the vegetarian meals and the whole program (salt-mineral baths not included):

ChFr 160 per night per person

Bedsheets optional: ChFr 15

It is possible to join for a shorter period of the retreat.

For booking your place please contact Bernard or Mukesh via:

info@riversong.ch

info@schoolforselfinquiry.org

