

## Awakening with Insight



### Meditation Retreat with Shaila Catherine

August 14<sup>th</sup> 2017 -  
August 20<sup>th</sup> 2017  
Studienhaus Schönwag  
near Weilheim/Oberbayern

Organized by:  
Verein Selbsthilfe und  
Kommunikation e.V. München  
[www.reden-und-schweigen.de](http://www.reden-und-schweigen.de)



### Shaila Catherine

is the founder of Bodhi Courses, an online Dhamma classroom (<http://www.bodhicourses.org>), and Insight Meditation South Bay, a Buddhist meditation center in Silicon Valley in California (<http://www.imsb.org>). She has been practicing meditation since 1980, accumulating more than eight years of silent retreat experience, and has taught internationally since 1996. Shaila studied with masters in India, Thailand, and Nepal, and also with the founders of western meditation centers such as Joseph Goldstein and Christopher Titmuss. She completed a one-year intensive meditation retreat with the focus on concentration and jhāna, and authored *Focused and Fearless: A Meditator's Guide to States of Deep Joy, Calm, and Clarity*. Shaila practiced intensively under the direction of Venerable Pa-Auk Sayadaw from 2006-2015, absorbing a precise and rigorous approach to samādhi and vipassanā that continues to inform her teaching. She authored *Wisdom Wide and Deep: A Practical Handbook for Mastering Jhāna and Vipassanā* to help make this traditional training in samādhi and vipassanā accessible to western practitioners.

### About the retreat:

This silent meditation retreat will emphasize a balance of mindfulness, concentration, and meditative investigation.

Instructions will encourage mindfulness of breath, body, and mind to enhance the potential for liberating insight. Meditation instructions, consultations with the teachers, and daily dharma teachings make this retreat suitable for both new and experienced practitioners.

By cultivating a calm, balanced awareness, we can dissolve any suffering that may entangle our hearts and discover our freedom in the midst of things.

### More Information about Shaila's work:

Bodhi  
Courses: [www.bodhicourses.org](http://www.bodhicourses.org)

Insight Meditation South Bay:  
[www.imsb.org](http://www.imsb.org)

## TIMETABLE:

- » Retreat begins Monday, August 14th, 2017, 6 p.m.  
Teachings by Shaila Catherine start 15<sup>th</sup> of August.
- » Retreat ends Sunday, August 20<sup>th</sup>, 2017, at noon

Apart from group sessions, the retreat takes place in silence. The Dhamma talks and instructions are held in English, with translation into German, if necessary.

## PLACE:

Studienhaus Gut Schönwag, Schönwag 4, 82405 Wessobrunn (near Weilheim, south of Munich)  
The center can be reached from Munich within an hour by car as well as by train (to Weilheim) and taxi.  
[www.studienhaus-stiftung.de/das-studienhaus](http://www.studienhaus-stiftung.de/das-studienhaus)

## COSTS:

The Buddha's teachings are considered priceless. Shaila Catherine therefore offers these teachings freely, with donations (called "dana" in the Pali language) accepted gratefully.

Accommodation: Available are mainly double and a few single rooms

- Single room (if available) and full board (vegetarian) € 460,-
- Double room and full board (vegetarian) € 420,-

## APPLICATION

Restricted number of participants - register early!

Applications will be accepted following the order of arrival of the deposits.  
June 16<sup>th</sup> 2017 is the last day to register for the retreat.

Send your application to:

[Elisabeth.Helming@gmail.com](mailto:Elisabeth.Helming@gmail.com)

or: Elisabeth Helming

Belgradstraße 41

D - 80796 München

Mobile: 0049 157 77 940 131

Please send a deposit of 100 Euros to the following bank account:

Juliane Beck

Wüstenrot Bank, Ludwigsburg

IBAN: DE73604200009616971767

BIC: WBAGDE61XXX

Please specify payment by adding „Shaila Catherine Retreat Weilheim“, stating the name of the participant in the remarks section of the transfer.

The deposit cannot be refunded after June 26<sup>th</sup>.

Please pay the remaining costs in cash at the retreat.

# **Application Form: Retreat with Shaila Catherine, 14<sup>th</sup> August 2017 – 20<sup>th</sup> August 2017**

**First name:**

**Surname:**

**Address:**

**Email address:**

**Telephone Number:**

**Female**

**Male**

**Age:**

**Please plan your arrival according to the schedule (August 14<sup>th</sup>, 6 p.m., if not possible August 15<sup>th</sup>, 10 a.m.)**

- **How many previous residential insight meditation retreats have you attended?**
- **Are you practicing any form of meditation other than mindfulness based insight practices that might be having a significant influence on your meditative experience?**
- **Do you have any mental health conditions that might affect your ability to practice meditation in silence? Are you currently taking any medication for mental health issues?**
- **Is there anything else that you would like the teacher to know about your practice?**

**I prefer a single room, if available**

**I need vegan food**

**I need a special diet:**

"I agree to take full responsibility for myself during the retreat. I agree to observe the guidelines and instructions throughout the duration of the retreat to the best of my ability.."

**Date and signature:**