

Young Buddhists Retreat

March 30th - April 2nd 2018

€ 104



With your payment please mention: retraite - code - name
so e.g.: 'retraite 2018.05 Kevin Brown'

- Vital Engagement: Energy for Transformation -

To give, one needs a certain amount of energy. To practice the precepts, one needs energy. To meditate, one needs energy. Even to practise patience and forbearance, one needs energy. To develop wisdom, one needs a deeper concentration of energy than is needed for anything else.

Sangharakshita

The Bodhisattva Ideal

Through meditation, talks, discussion, ritual and friendship we'll bring to life the Buddha's teaching on energy and how it can radically transform our lives and the lives of those around us.

For men and women up to 35 years old.

Stichting Metta Vihara

Hengstdijkse Kerkstraat 36
4585AC Hengstdijk
Telefoon: (0031) (0)114-681444
Email: info@mettavihara.nl

Triodosbank Nederland
IBAN: NL35 TRIO 0212 4425 03
BIC: TRIONL2U

www.mettavihara.nl - www.mettavihara.be

Leaders



Akasajoti



Prajnaketu is the Young Buddhists' Co-ordinator for the UK and Mainland Europe. He was ordained in 2014 and his name means 'he who holds a lamp of wisdom'. He started practising meditation in 2002 and came across the Triratna Buddhist Community in West London in 2009. He now lives in Oxford, UK, and as a mitra restarted the Oxford Buddhist group which is now growing apace! Apart from his Buddhist activities he is a keen practitioner of T'ai Chi Chuan.

Please book using the the [bookingform](#)

Mail: info@mettavihara.nl

Phone: (0031) (0)114-681444.

About two weeks before the retreat you will receive an email containing all practical and other information.

When you cancel less than two weeks before the retreat we charge half of the fee.

Your booking is effective on receipt of a € 30 deposit (non-refundable). You can of course also pay the whole fee at once.



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