



SAGE Institut für  
Achtsamkeit und Gesundheit



Das Buddhistische Haus  
Berlin-Frohnau

# Cultivating Natural Awareness and Wisdom

7-day Meditation Retreat with Alexis Santos  
at Buddhistisches Haus Berlin (Frohnau)  
June 17-24, 2018

In mindfulness meditation, we practice developing the qualities of mind and heart that lead to well-being and freedom. These qualities, when cultivated, can free us from the suffering and stress that are the routine experiences of our lives.

On this retreat you will be guided in learning the foundations of mindfulness meditation while also exploring the development of wisdom. Emphasis will be on developing a relaxed continuity of awareness and a kind, compassionate attitude towards all that arises. The retreat is suitable for both new and experienced practitioners.



Alexis Santos has practiced insight meditation in India, Burma and the US since 2001, including several years as a Buddhist monk in Burma. A long-time student of Sayadaw U Tejaniya, Alexis' teaching emphasizes knowing the mind through a natural and relaxed continuity. He brings a practical, intuitive and compassionate approach to the development of wisdom and the qualities

of the heart. He is a graduate of the Spirit Rock/IMS Teacher Training and can be found teaching retreats throughout the US and Europe.

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## Dates

Sunday, June 17 – Sunday, June 24

#### Schedule arrival:

4:00 - 6:00pm arrival, check-in (arrival possible from 3:30pm)  
6:00 - 6:45pm evening snack  
7:00 – 7:30pm welcome and evening meditation

The retreat will close on Sunday with lunch (12:30 noon).

Alexis Santos will be giving an official talk at the Buddhist House on Sunday 24 from 3 – 4 pm. You are welcome to stay and join the talk.

#### Requirements

- The course is open to both beginners as well as more experienced meditators of any kind of tradition.
- The course language is English and the meditation instructions are easy to follow for everyone.

#### Food & Accommodation

The Buddhist House provides double or triple bedrooms with shared WC/bathrooms.

Participants will be served breakfast and lunch as well as a small evening snack. All meals are vegetarian.

Participants may also attend the retreat without residing at the Buddhistisches Haus. Please indicate your preferences at your registration.

#### Course Fees

The course fee includes food and lodging. Moreover, it covers traveling costs as well as food and accommodation for the teacher and a small fee for the course organization. The course fee does not include a compensation for the teacher. According to the ancient Buddhist monastic traditions, teachers offer their retreat guidance based on donations. Donations can be given at the end of the course at the Buddhistisches Haus.

#### Costs

- With accommodation: 7 days incl. meals: 345,-€ + teacher donation
- Without accommodation: 7 days incl. meals: 240,-€ + teacher donation

We try to keep the costs low in order to make the course available for everyone. However, if you have troubles in paying the costs, please contact us via email. We will find a solution.

#### Cancellation and Refund Policy:

If your participation is cancelled 3 weeks before the beginning of the course, your course fees will be refunded with a cancellation fee of 20 €. In case of cancellation up until 10 days prior to the course, 50% of the course fee will be refunded. In case of cancellation within 10 days before the start of the course, you will be refunded 30% of your paid fees. In case you cancel on the last working day before opening day, the full course fee is due.

## Registration

For registration please fill in the registration form (find the form for download at [www.sage-institut/aktuelle Kurse/Alexis Santos](http://www.sage-institut/aktuelle Kurse/Alexis Santos)) and send it to [info@sage-institute.de](mailto:info@sage-institute.de) and let us know if you wish to stay overnight at the Buddhistisches Haus. We will come back to you with further details. Please note that for a complete registration the course fees need to be paid.

Accommodations at the Buddhistisches Haus are limited to 14 persons, so if you wish to make sure to get a place please register as soon as possible.



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