



## Vipassana Insight Meditation

10-day Silent Meditation Retreat with Dr. Julia Harfensteller  
at Buddhistisches Haus Berlin-Frohnau, August 17-27, 2023



Vipassana means insight into the interrelatedness of mind and matter with the aim to understand the fabric of our own personality. Vipassana meditation is an ancient and a hugely empowering hands-on approach which starts from the idea that we can learn and understand how our mind works by simply watching it. And if we understand how our mind works, we can free ourselves from unwholesome habit patterns including stressing ourselves out and pushing us beyond our limits.

Along this silent retreat we will cultivate mindful awareness in meditation as well as in daily activities.

The emphasis is placed on practicing continuity in awareness in everything we do based on an open and accepting attitude towards us and our experience. The retreat includes guided meditations, periods of non-guided practice, Dharma sharings by the teacher and group discussions.

The retreat is suitable for both new and experienced practitioners.

*Course language: English and German*

### Requirements

- Respecting the Noble Silence during the retreat
- Full registration

### Retreat Start and End

Arrival day (Thursday, 17 August 2023):

4:00 - 5:30pm Arrival and registration

6:00pm Welcome and organisation

7:00pm Evening snack

8:00pm Introduction and evening meditation

Closing day (Sunday, 27 August 2023):

The retreat finishes with lunch at 12:30pm.

## Accommodation

Venue: Buddhistisches Haus, Edelhofdamm 54, 13465 Berlin, [www.das-buddhistische-haus.de](http://www.das-buddhistische-haus.de)

Accommodation on site is possible but not obligatory.

### Accommodation options:

- Double or triple bedrooms with shared bathroom facilities
- Sleeping in your own tent or camper on site

Please note that due to the small accommodation capacity, single rooms cannot be booked. However, private accommodations with single

rooms in the neighbourhood are available. On request, we will be happy to give you information on external accommodation options in Frohnau.



### Meals:

Participants will be served breakfast, lunch and a light evening meal. **All meals are vegetarian. Vegan options are available on the buffet.**

Accommodation in the Buddhist House is organized by the SAGE Institute. **Please indicate your accommodation preferences at registration with SAGE. Also, please mention food allergies and special food intolerances** (e.g., gluten intolerance).

## Costs

The costs include a **course fee + teacher donation + donation for accommodation & food.**

The course fee is needed for full registration and is paid upon online-registration with SAGE. The donations for the teacher as well as for the accommodation are paid in cash on site. Usually, donations for the house are given at registration on site and donations for the teacher are given at the end of the retreat.

<p><b><u>Course fee</u></b></p> <p>The course fee covers costs for the course organization, course management and travel expenses of the teacher (20€).</p>	<p>90€</p>
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<p><b><u>Teacher donation</u></b></p> <p>In accordance with the <i>Dana</i> principle of the Buddhist tradition, the teacher receives a voluntary donation after the course.</p>	<p><u>Recommended donation:</u> 250-230€</p>
<p><b><u>Donation for accommodation and meals</u></b></p> <p>The donation recommendation covers the minimum expenses of the house including food, cook and operating costs.</p> <p>Please note that the Buddhist House is financed purely from donations and depends on every donation for maintenance. Any additional donation beyond the recommended package is highly welcome!</p>	<p><u>Recommended donation:</u></p> <ul style="list-style-type: none"> <li>- Overnight in a room: 300€</li> <li>- Overnight in a tent or a camper: 250€</li> <li>- External accommodation (full board only): 200€</li> </ul>

### **Discount regulation**

No one should have to forgo participation for financial reasons. If you have difficulties to pay for the course fees and / or if your budget is far below the recommended donation for the accommodation, please contact us by email. We will find a solution.

### **Cancellation and Refund Policy**

Cancellations in the first four working days after registration do not incur any cancellation costs. If your participation is cancelled 3 weeks before the beginning of the course, your course fees will be fully refunded minus 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 of withdrawal on the last working day before the course starts as well as in case of early departure, the full course fee is due. If SAGE Institute for Mindfulness and Health has to cancel a seminar for important reasons (e.g. illness of the teacher), all costs will of course be refunded. Further liability and compensation claims are excluded. Travel costs (e.g. flight, bus and train tickets) will not be reimbursed.

### **Liability**

Participation in the courses is at the participant's own risk. SAGE Institute as well as the course leaders do not accept any liability for personal injuries resulting from course participation, including psychological, mental or physical impairments, as well as damage to property.

Intensive meditation seminars (in silence) are often not suitable for people with severe psychiatric medical histories. If you have any concerns or questions regarding your mental or physical condition, please contact us before registering.

## Compliance with COVID-19 Regulations

Participation in our seminars is subject to compliance with the hygiene and protection regulations on Covid-19 of SAGE Institute. By registering, you agree to these regulations.

## Registration

To register, please read the conditions of participation and fill in the registration form on our website (klick the link-button below or find the form directly on our website: [www.sage-institut.de/Kurse/Anmeldung](http://www.sage-institut.de/Kurse/Anmeldung))



We will get back to you as soon as possible.

Please note that the course fees need to be transferred for a binding registration.

## Any questions?

Please do not hesitate to contact us with any questions you have, including accommodation via phone (+49-30-2637-2067) or email (info@sage-institut.de). If do not find someone by phone, leave a message and we will call you back.

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## How to get to Buddhistisches Haus

The closest subway station to Buddhistisches Haus is Frohnau station (S+U Frohnau). From Frohnau station it is a pleasant 15 minutes' walk to the house. At Frohnau station also taxis are available.

For individual connection and fares please go to Berlin Transport Authority's trip planner: <http://www.bvg.de/en>

### Getting to DBH from the Airport:

From the airport (Berlin, BER) you can take a taxi or public transport. The most convenient, cheapest and fastest connection to Berlin-Frohnau is via Airport Express train (FEX), which takes 55 minutes from the airport to Frohnau subway station. If you cannot catch the FEX, there are also suburban trains you can take.

Getting to DBH from Berlin main station:

From the main train station (Hauptbahnhof) you can take a taxi or public transport. With public transport, it takes approximately 35 minutes with the suburban train to Frohnau station.

From the main station it is a 20- to 25-minute taxi ride to Buddhistisches Haus (approx. 20-25€).

Taxi:

Taxi-call: +49-30-202020

Please make sure to give the taxi driver right address as there are several "Buddhist Houses" in Berlin. Give him the zip code of the Buddhistisches Haus (13465) or say "Frohnau".