

## Meditation retreat (sesshin) with Michael Luetchford in Banský Studenec from April 28 to May 1, 2022

The Czech-Slovak Sangha invites you to a sesshin with Mike to the beautiful place of Banský Studenec ([www.meditacnecentrum.sk](http://www.meditacnecentrum.sk)).

Accommodation is in a renovated cottage in a quiet place. Rooms are 4 - 6 beds, including bunk beds. The equipment includes bed linen, towels, and slippers.



The weekend retreat is focused on the intensive practice of the essence of the Buddha's teaching - Zazen. Zazen is not meditation. A simple daily routine practice with regular zazen will allow our minds and bodies to gradually enter a harmonious state, where we are not disturbed by intense emotions, thoughts, or physical discomfort. Within the retreat we study the Buddhist philosophy, and a mutual open discussion takes place that leads to the possibility of showing everyone's experience and view of Buddhist practice in our daily life. We are an open group, anyone who wants to start this practice can join. No previous experience is required, only a sincere quest for knowledge (Do Shin) and a willingness to accept to fixed retreat program.

(For photos, see [www.meditacnecentrum.sk](http://www.meditacnecentrum.sk).)

**Program:** See our website at <https://www.dogenzen.net/akce/vikendova-meditacni-ustrani/>.

### Bring with you:

- Zafu (if you can, but we can provide). There are many zabutons.
- Loose dark clothing (sweatpants, T-shirt)
- Slippers
- Work clothes / shoes

**Date:** 28.4.-1.5. 2022

**Place:** [Banský Studenec](http://www.meditacnecentrum.sk) 153, 969 01

GPS coordinates: 48.435173,18.97656948 ° 26'06.7 " N 18 ° 58'36.3 " E 153, 969 01

**Price:** 130 Euros (The price per stay is higher due to the increase in the price of electricity and food.)

**Payment:** Day of arrival in Euro (Great Britain guests)

**Deadline for applications:** 24.4.2022 (Apply directly to Boris, but please also [email Mike](mailto:mike@meditacnecentrum.sk) that you are coming.)

**Arrival:** 28.4. at 6.30 pm (it is possible to arrive as early as 27 April around lunch. You can also arrive in Bratislava earlier in the week if you arrange with Mike or Boris.)

**Departure:** 1.5. at 4:00 p.m.

**Organizer:** Boris Yudo Hruškovič

[boris@meditacnecentrum.sk](mailto:boris@meditacnecentrum.sk)

+421 903 416 127

If you have any questions, don't hesitate to contact me. Phone calls after 16.00.

We look forward to meeting you all!

**Getting to Bratislava:** There are flights to Bratislava from London, Manchester, Leeds and other airports. Prices from London with Ryanair are around £20-30 return at the moment. We will meet you at the airport and provide transportation to and from the cottage. Contact [Mike](mailto:mike@meditacnecentrum.sk) for questions on travel and details of entry requirements.