

Shravasti Meditation Silent Retreat

Dates: June 13-14 2026 Sat. kl. 9 to Sun. kl.17

Instructor: Zabrina Leung (a certified teacher, certified by His Holiness Drikung Kyabgon Thinley Lhundup)



Yogi Milarepa said, “Through meditation, you gain all knowledge.” Meditation is the key to love and compassion. It can relieve mental illnesses such as depression as well as reduce anxiety and stress. Meditation can be compared to a lasso that captures the mind. The Shravasti Meditation curriculum, according to the *Anapanasati Sutra (The Sutra of the Mindfulness of Breathing)*, combines step-by-step meditation, basic Tsa Lung yogic exercises, and walking meditation, that was taught extensively by H.H. Drikung Kyabgon Thinley Lhundup. This extremely profound mindfulness of breathing in-and-out meditation method in sixteen steps was first practiced by Buddha after realizing that ascetic practices would not yield fruitful results. He then calmly practiced Anapana and consumed food, through which he attained buddhahood. At that time, Anapana meditation, regarded as the essence of Buddhist practice, was the main practice among all Buddha’s followers. In sixteen steps based on the four foundations of mindfulness, this method guides us to develop greater awareness of the body, sensations, mind, and phenomena through the interaction of our breath. In this silent weekend retreat, we will introduce the basic meditation steps and then primarily familiarize ourselves with the basic silent sitting meditation with breath observation in order gain direct personal experience, accompanied by basic Tsa Lung exercises, and walking meditation. Wear comfortable clothing and bring your own preferred meditation cushion.

Venue: Ratnashri Retreat Place at Ingarö. More information will be available upon registration.

Fee: 950 SEK including staying at the retreat place on June 13 and all vegetarian meals (Sat. lunch and dinner; Sun. breakfast and lunch). *Anapanasati Sutra* will be sent electronically to all participants prior to the course. If you need a printed copy, please order it during registration, printing cost is 100 kr.

Registration: Email to info@ratnashri.se and deposit fee to Plusgiro: 1287806-2 by June 5.