

# Online Introduction to the Shravasti Meditation Curriculum with Venerable Khenmo Drolma, April 9-10 and May 7-8, 2022

Please turn over for  
a retreat for advanced  
meditators

This is the first two of a series of retreats that cover the Shravasti Meditation curriculum. In each retreat, Khenmo will first teach an aspect of Dharma and Meditation, then she will guide the retreat for direct practice experience of that principle. The retreat is followed up by a discussion on integrating this learning into a personal meditation program that you can sustain on your own.

Khenmo Drolma of Vajra Dakini Nunnery in Maine, USA has been trained personally by H.H. Chetsang Rinpoche to teach this curriculum. Known for her accessible teaching methods, Khenmo will draw from commentaries by Thich Nhat Hanh and her experience studying with Pema Chodron and other contemporary wisdom masters.

## Overview of Shravasti Meditation Training

Meditation Master, His Holiness Chetsang Rinpoche, designed the Shravasti Meditation Curriculum to make the ancient body-mind wisdom of Buddhism universally accessible to modern practitioners.

Shravasti Meditation is a lifelong practice that uses the Buddha's *Mindfulness of Breathing Sutra* as a framework. The curriculum emphasizes on both intellectual understanding of Buddha's teachings as well as experiential understanding and realization of those teachings through meditation practices. The training integrates sitting meditation, walking meditation, and energy practice of Tibetan yoga, Qigong, and Tai chi. This is a comprehensive and profound body-mind training that illuminates the stages of the path to enlightenment and successively unfold the enlightened qualities of our innate Buddha nature such as all-pervading loving-kindness, compassion, bodhicitta, and wisdom for the benefit of all sentient beings.

Knowing conceptually how our emotions and thoughts affect us, through meditation and active mental exploration, trainees can directly and intimately experience the gradual taming of our habituated busy, distracted, and destructive state of mind, thereby dissolving all adventitious afflictions and attain our innate indestructible enlightened mind that benefits all sentient beings.

## Themes:

Retreat in April: Coming to Peace with Who We Are

Retreat in May: Coming to Peace with Our Emotions

## Who should attend?

New and experienced meditators. This series of retreats is designed to support participants in developing stability in their practice by returning to the foundations in fresh ways and skillfully integrating the body and its energy systems into the field of practice. Shravasti's yoga practices are drawn from Tibetan Six Yogas of Naropa, Tai Chi and Qigong. This builds a full body-mind understanding for modern practitioners who are sincere about their path of practice and awakening for the benefit of all beings.

This body/mind system expands in depth as you mature in understanding. Khenmo will cover fundamental topics that help you understand your mind, in states of confusion and wisdom! In these two introductory retreats, we learn to hold the mind in non-distraction, beginning with calm-abiding to stabilize the mind. Teachings inspire, instruct, and support wholehearted practice—the foundation of a lifelong, nourishing engagement with the path of practice.

During each retreat, Khenmo Drolma offers in-depth teachings and ample time for practicing new contemplative skills. Practice homework will be offered at the conclusion of each retreat, designed to support continuity of practice and integration into daily life. Q&A session follows directly after each retreat.

**Fee:** 500 SEK for each retreat

**Schedule:** (Central European Time, CET)

Saturday	11:00 – 12:30	Dharma talk
	15:00 – 18:00	Guided Meditation Practice
Sunday	09:00 – 12:00	Guided Meditation Practice
	12:15 – 13:00	Questions and Answers

**Registration:** Write to [info@ratnashri.se](mailto:info@ratnashri.se) AND transfer fee to PG 1287806-2 at least three days before each retreat. Zoom link will be sent to all registered participants two days before the retreat.

Please send all your inquiries to [info@ratnashri.se](mailto:info@ratnashri.se)

**Organized by Ratnashri Meditation Center, Sweden**

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