

# SILENT ZEN RETREAT INFORMATION

## FORMAL RETREAT BEGINS

Wednesday 7<sup>th</sup> of June at 19:00

## ENDS ON

Sunday 11<sup>th</sup> of June at 14:00 (approx.)

## PRICE AND PAYMENT

The price for the entire retreat is NOK 3600,- including retreat, food and simple sleepover. We really recommend participating in the whole retreat. If you can't, you may still send your application for the time you want. No less than 1 night. Price is NOK 1200,- per night. Please specify in the application how long you intend to participate, when you come and when you leave. Don't pay anything before your application is approved for participation. Payment is done through vipps to Haugesund ZEN Center #119970, or through bank transfer to 3330.28.76318. Cash payment is also possible on arrival.

## LOCATION

The retreat will be held at beautiful Villa Granli located within a beautiful landscape about 25min drive from Haugesund City. The address is Askelandsvegen 150, 5570 Aksdal.

## TRANSPORT

If you need transport to and from the retreat, we can collect you at either the airport or at the water fountain below Haugesund City Hall, and we will drive you from and to those locations. Please let us know in the application if you need transportation, or if you come in your own car. There are limited parking lots at this location.

## FOOD

There will be served two formal silent meals Thursday, Friday, Saturday and Sunday as a part of the retreat program: breakfast and lunch. Lunch will include a hot meal / dinner. In the breaks you will have access to a simple kitchen in the barn where you can make yourself more food if you like. All served food is vegetarian food. If you have any allergies or any other kind of needs regarding food, please let us know in the application and we will avoid allergy-causing ingredients and try to meet other request you may have.

## FACILITIES

The meditation hall is in a barn and have a simple wooden floor at the spot we sit together in meditation. There are 3 toilets, and a simple kitchen available for you. We will provide sitting mats and cushions, and a blanket for you to wrap around yourself if it gets a chilly. It is a barn. There are two showers for sharing for all participants, and a beautiful lake to take a swim in just a few minutes walk away. Bring your own towel and necessary toiletries.

## SLEEPING

Sleeping is done in a shared room or in a large tent outside the barn, and you need to bring with you a mat to sleep on, sleeping bag and a pillow. We recommend going to bed early after evening session to get a good sleep before being waked up at 04:30. Sleeping is important.

## WORKING PERIOD

There is no professional staff in the place, so we ourselves need to keep everything running as a part of the retreat. Working period is straight after breakfast, and we will do what is needed of cleaning, washing, dust cleaning, helping the cook preparing meals and so forth. Working is meditation too. Anything done with awareness and attention

becomes meditative. Work is good meditation. So right after breakfast everybody is given tasks for the work period, and will work for approximately one hour. Necessary instructions will be given for the task you are given.

## CONDUCT DURING THE RETREAT

This is a silent retreat, and that means we do not engage in social conversations or talking. We keep our silence and only make short and precise functional talk, like “where can I get ...?”, “How do I?” “Where is?” Silence is really really helpful for your practice, for all of us. Not responding to any initiated social conversation is not rude in this context. It just means keeping the practice going. It does not mean that we don’t pay attention to our surroundings. WE DO, we pay attention and notice. That is also very important. Pay attention. Be awake. Be helpful with others. Doing this and you will notice a deep and loving connection appearing within you, to others, without a single word. It is beautiful.

## IN THE BREAKS

Villa Granli is located right in the middle of beautiful nature. Take the opportunity to do a little walk for by yourself. It’s good to move your body around in nature, and it will support your ongoing practice. Really. You may also just stay in the room or tent and lie down for sleeping or non-sleeping rest. If you like to do more formal practice in the breaks, you may do that to. Sitting meditation or bowing meditation is excellent.

## RETREAT SCHEDULE

The retreat will follow the same schedule and routine every day. We will start on Wednesday with the evening practice at 19:00, and we will follow schedule in the illustration until Sunday lunch. After Sunday lunch there will be a circle talk where we may share anything we like about the retreat with each other, before we formally end the retreat.

Silence mode begins with Wednesday evening practice and ends after the circle talk on Sunday. Straight after the formal ending of the retreat, we will have a social gathering and just enjoy time with each other before we say goodbye and return to our everyday busy life. If the weather allows it we will make a fire down by lake and hang out there.



**DON'T BE LATE FOR PRACTICE! KEEP THE SCHEDULE AT ALL TIMES. VERY IMPORTANT!**

ANYTHING ELSE YOU WOULD LIKE TO KNOW?

Contact KÅEI at 97075750 or [kaaei@outlook.com](mailto:kaaei@outlook.com)

# SOME PICTURES FROM VILLA GRANLI

