

Retreat format

The retreat is held in Noble Silence and includes guided meditations, Dhamma teachings, and a structured schedule with approximately 8 hours of daily practice. Participants will observe the Eight Precepts, with accommodation in individual rooms and mostly vegetarian meals.

Location:

The retreat will be held at the Marc Castanyer House of Spirituality:

<https://casaespiritualitatmcastanyer.org/>

Schedule:

Arrival: March 27, between 3:00 and 5:00 p.m.

Departure: March 29, after 5:00 p.m.

Cost:

As the retreat will not be held at Paññāgīrī facilities, participants are responsible for accommodation costs of €113.50. If you wish to support the development of Paññāgīrī with an additional voluntary donation (dāna), a donation box will be available at the end of the retreat.

Registration & Payment:

Limited places available. To secure your place:

1. Fill out this form: <https://forms.gle/PfoJdJo2N U AiUBf29>
2. When you have been confirmed that you have a place, deposit 21.40 euros to reserve it via:

- Bizum at number 12605
- Or Bank transfer to:

Comunidad Budista Bosque Theravada

Bank of Sabadell.

ES35 0081 0200 2700 0442 2251

Please write in the transfer description: Retiro de Marzo and your name and surname

3. Pay the remaining balance of €92.10 upon arrival on Friday

For guidance on preparing for the retreat, visit: <https://panyagiri.org/en/news/attending-retreat/>

For questions, email: retreat@panyagiri.info