

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 Casa de Espiritualidad Ain Karim: <https://ainkarim.es/>

Adress: Compañía de María - Centro Ain Karim, Calle Bretón de los Herreros, 31, 26200, Haro (La Rioja).

Schedule:

Arrival: April 24, Friday, between 3:00 and 5:00 p.m.

Departure: April 26, Sunday, after 5:00 p.m.

(People travelling to the retreat from far away may leave the retreat early if they need to.)

Cost:

As the retreat will not be held at Paññāgirī facilities, participants are responsible for accommodation costs of €123. If you wish to support the development of Paññāgirī 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/6VAJDnB9NpsDs8gg6>



2. Once you have received confirmation that a place is available, you will be officially registered for the retreat.

3. Upon arrival at the Casa de Espiritualidad on Friday, please make the corresponding payment (€123) to the nuns who will be at the entrance to the building.

For more information on things to consider before coming to a retreat, please visit <https://panyagiri.org/en/news/attending-retreat/> or send any questions you may have to retreat@panyagiri.info

If you need a car to attend the retreat or can offer a seat in yours, please do not hesitate to contact us at the same email address. Thank you.

