

WHO YOU REALLY ARE

A FULL PRESENCE MINDFULNESS RETREAT
AT THE NEU PLAUE RETREAT CENTER,
GERMANY

**PART ONE:
WHO YOU REALLY ARE
AUGUST 24-28, 2019**

**PART TWO:
IN THE PRESENCE OF
THE SACRED
AUGUST 28-30, 2019**



How far the practice of mindfulness can take us depends on the framework within which we practice.

In our usual way of practicing, 'someone' is mindful of 'something'. But that is a limiting view. In Full Presence Mindfulness, we challenge this subject/object orientation. We explore the possibility that we are not who we think we are. We learn to experience our lives differently.

In this retreat, we will start by connecting deeply with our experience: how we breathe, how we see, how we hear, how we move. We will touch the ground of experience and learn to be fully present. Most sessions and meals will be in silence, except in the evenings.

Touching the ground of experience lets us take the next step—expanding into the whole range of how we live in the world. This includes the way we think, the emotions and concerns that drive us, the stories we tell, the 'reality' we inhabit, and the motives and intentions that determine our destiny.

As we explore the fullness of experience, we gain confidence in our own ability to know, to care, and to act. We awaken a deeper understanding and a more joyful and more relaxed way to be.

SCHEDULE

PART I: AUGUST 24-28, 2019

SATURDAY, AUGUST 24

REGISTER	15:00-18:00
WELCOME DINNER	19:00-20:00
OPENING SESSION	20:00-21:30

SUNDAY - TUESDAY, AUGUST 25-27

KUM NYE TIBETAN YOGA (OPTIONAL)	07:00-07:45
SESSION 1	10:00-11:30
SESSION 2	12:00-13:30
SESSION 3	15:00-16:30
SESSION 4	17:00-18:30
SESSION 5	20:00-21:30

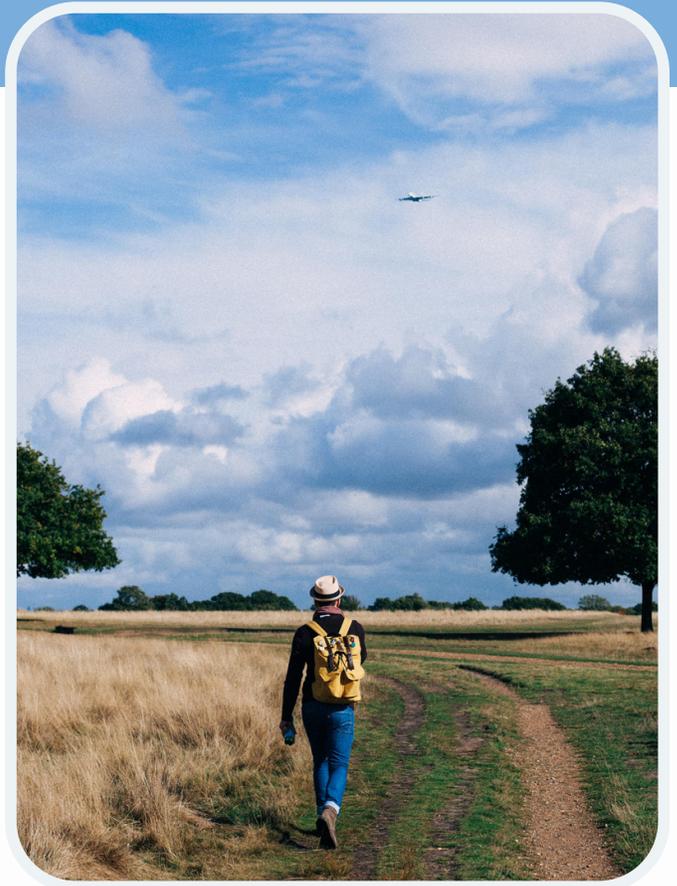
WEDNESDAY, AUGUST 28

KUM NYE TIBETAN YOGA (OPTIONAL)	07:00-07:45
SESSION 1	10:00-11:30
SESSION 2	12:00-13:30

CLOSING LUNCH

Part I is open to anyone with some experience in mindfulness or meditation practice.

PRICE (PART ONE ONLY): €450
PRICE INCLUDES MEALS AND LODGING



TAUGHT BY JACK PETRANKER

Jack Petranker, MA, JD is Director of the Center for Creative Inquiry and Mangalam Research Center in Berkeley and former Dean of the Nyingma Institute. A student of Tarthang Tulku since 1980, he has developed Full Presence Mindfulness as a way of exploring the new vision of reality introduced by Tarthang Tulku in **Time, Space, and Knowledge** and other books.

PART 2: AUGUST 28-30, 2019

WEDNESDAY, AUGUST 28

OPENING SESSION	20:00-21:30
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THURSDAY, AUGUST 29

(SAME AS SUN - TUES IN PART I)

FRIDAY, AUGUST 30

KUM NYE TIBETAN YOGA (OPTIONAL)	07:00-07:45
SESSION 1	10:00-11:30
SESSION 2	12:00-13:30
CLOSING SESSION	14:30-16:00

Part II explores full presence mindfulness as a way of going more deeply into traditional Tibetan Nyingma Buddhist practices such as prayer, chanting, and visualization. It is open only to those who complete the first part of the retreat.

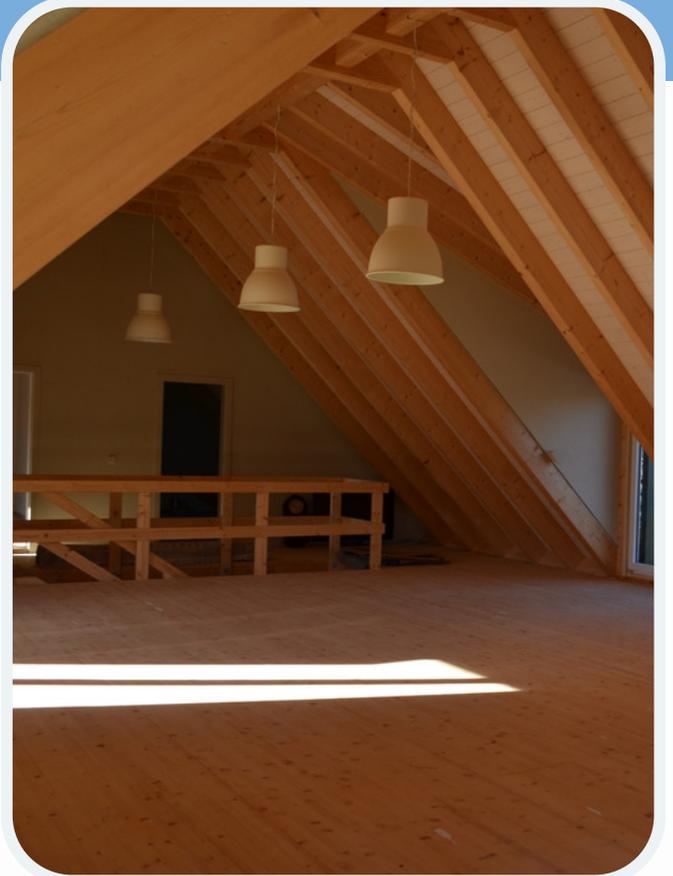
PRICE (PARTS ONE AND TWO): €595
PRICE INCLUDES MEALS AND LODGING

LOCATION

NEU PLAUE RETREAT CENTER

The retreat will take place in Neu Plau, near the city of Brandenburg, west of Berlin. It is about 20 minutes by car from the local train station, and there is a shuttle to take people back and forth. The center is on 20,000 sq. meters (5 acres) of land. There is lots of space for camping, if people want to save money on accommodations. Additional accommodations are available at a small castle nearby, and the price will change accordingly. The center has a garden, meadows, fields, ponds, and a lake for swimming. The rooms are mostly singles, with shared bathrooms; one has a private bathroom.

The facility is brand new and spacious, with a large meditation room and large patio.



REGISTRATION DEADLINE

RESERVE YOUR PLACE WITH A €100 DEPOSIT BY JUNE 1. THE RETREAT IS SUBJECT TO CANCELLATION IF NOT ENOUGH PEOPLE REGISTER.

READY TO REGISTER?

EMAIL MORGAN@FULLPRESENCE.ORG OR VISIT WWW.FULLPRESENCE.ORG

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CENTER FOR CREATIVE INQUIRY