



CAL REIET

H O L I S T I C R E T R E A T

The natural state of being

Mahamudra Retreat

with Lama Tilmann Lhündrup and Dr. Ha Vinh Tho

20th – 25th November 2022 (5 nights)



Carrer Cal Reiet 80, 07650 Santanyi, Mallorca, Spain
www.calreiet.com +34 971 947 047 enquiries@calreiet.com



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DESCRIPTION

This retreat is focussed on **meditation** of the natural being, **bodywork** and **reflections** on social change.

The teachings will be given in the style of the Tibetan "**Mahamudra**" tradition, which is the rising in the natural being through a deep awareness of the intangible nature of all things. It is a **deeply transformative** meditation in the natural state of being. The heart-felt letting go which is necessary in this process becomes possible through insight and trust in the inherently already liberated nature of our mind.

Whether at rest or in motion, we always cultivate the **awake, immediate experience of what is** and take all sensory experiences as gateways into true, timeless being. Seeing, hearing, feeling and thinking, all forms of experience reveal themselves as the spontaneous play of changing phenomena. We practise recognising the **true nature of experience** in this play by looking again and again into the continuous change and the intangible nature of "what is". In doing so, the flowing now reveals itself and we also discover the forces that shape this process. The **path of awakening**, of simply "being like this", becomes more and more experiential.

In the **mornings**, Lama Lhündrup will explain the "Mahamudra" and its special style of developing peace of mind and insight. He will not rely on a traditional text as usual, but will teach freely and also guide meditations during the teachings. Questions may be asked after the class.

Each **afternoon**, Lama Lhündrup will offer suggestions on socially relevant topics from a Buddhist perspective, followed by an **exchange** among the participants. The aim is a common shaping of society in awareness of our all-pervasive interconnectedness and our responsibility for future generations on this planet. We offer this retreat especially for entrepreneurs, business leaders, business educators and other multipliers and decision makers. He will be joined by **Dr. Ha Vinh Tho**, international speaker and author of the book „Der Glücksstandard“.

As a basis for his incitations, Lhündrup takes not only proven Buddhist knowledge, but also **modern developments** as described in the book „Der Glücksstandard“ ("The Happiness Standard") and taught at the universities of Geneva and Osnabrück. The approach described therein has already proven itself in Bhutan as well as in companies with a turnover of several billion. If you would like to prepare yourself, you are invited to read this book in advance. But if you hardly find time to do so, you are certainly welcome, too!



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During the retreat, you are free to choose whether you would like to spend part of the day, for example the whole morning, **in silence**. Beyond the retreat program, you will have the possibility for **in-depth conversations** with other participants or with Lama Lhündrup.

In the late morning, Cal Reiet co-owner & Yoga teacher Petra Bensland and resident Yoga teacher Verónica An will guide the participants in two groups through a suitable asana practice. After dinner, you will be led into relaxed, simple being, supported by Yin Yoga, QiGong and once also by healing sounds.



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DAILY PROGRAM

**Times might slightly change.*

ARRIVAL DAY 20th November 2022

Check-In starting from 15:00 h

16:00 – 16:45 h “Meet & Greet”

17:00 – 18:15 h Instruction and meditation practice

18:30 h Dinner

19:30 – 20:30 h Meditation

21st, 22nd, 23rd and 24th November 2022

6:30 – 7:30 h Guided meditation

7:45 h Breakfast

9:00 – 11:00 h Instruction and meditation practice

11:15 – 12:30 h Asana practice

12:45 h Lunch

15:00 – 18:00 h Inputs on economic topics with exchange

18:15 h Dinner

19:30 – 20:30 h Yin Yoga / QiGong/ Sound Healing / Meditation

DEPARTURE DAY 25th November 2022

6:30 – 7:30 h Meditation

7:45 h Breakfast

9:00 – 11:00 h Instruction and meditation practice

11:00 h Check-Out

11:15 – 12:30 h Asana practice

12:45 h Lunch



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Who is Lama Tilmann Lhündrup?

Lama Tilmann (Lhündrup) Borghardt was born in 1959 in Germany at the North Sea. He initiated his Buddhist practice in 1978, initially in the Zen tradition, followed by an intensive three-year phase of meditation in the Burmese Vipassana tradition starting from 1981. In 1987, after completing his training as a doctor and homeopath, he and his then wife went on a meditation retreat for three and a half years guided by the Tibetan master Gendün Rinpoche, which took place in a log cabin in the French forest.

Inspired by the deep meditation of Mahamudra, he undertook a second retreat as a monk in a monastery in 1991. Commissioned by his teacher Gendün Rinpoche, he has been subsequently supervising these long meditative retreats for 17 years and also translated many texts from Tibetan into German.

Since 2004 he has been teaching in several European countries as well as in Brazil. He leads meditation seminars in many places and since 2009 has been a lecturer at the „Institute for Essential Psychotherapy“, which he co-founded (see the introductory work "Buddhist Psychology"). He also founded the non-profit publishing house Norbu Verlag with friends to publish texts from the Buddhist tradition. It is particularly important to him to convey the essence of this ancient wisdom teaching in a contemporary and directly tangible way. In doing so, he integrates insights from psychotherapy, meditation research and the wisdom of several Buddhist schools.

In 2011, he left the monastery in France, went to Freiburg im Breisgau and in 2016 founded the "Ekayana Institute for Contemporary Buddhism" in the Black Forest, a meditation centre that offers 30 people the opportunity to meditate in the style of the Mahamudra tradition for months or years. When his time allows it, he also offers regular courses to anyone interested to deepen their practice and study. In the media library of his homepage www.ekayana-institut.de as well as on YouTube and especially on Vimeo, you can find his texts, audios and videos in English, German and French language.

WEB: www.ekayana-institut.de

YOUTUBE: Ekayana Media Library

VIMEO: Ekayana Institut - Grüner Baum

Who is Dr. Ha Vinh Tho?

Author of the book “Der Glücksstandard” on which this retreat will be based.

Happiness expert Dr. Ha Vinh Tho will guide us to the inner sources of our capacity for happiness and will transmit deep insights of mindful and loving togetherness in everyday life - on a personal level as well as in companies and schools. He accompanies us to relearn true happiness and at the same time to do a lot for the healing of our planet.

Dr. Ha Vinh Tho is a well-known international speaker on GNH, Happiness and Wellbeing and beyond GDP for education, business and communities as well as author of several books and many articles.

He was the Program Director GNH center Bhutan from 2012 to 2018.



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PRICING

Course fee:

Donation base (100 €/day recommended)

Price for accommodation, full board & Yoga sessions:

Single room: 2.150,00 €*

Double room: 1.550,00 €* per person
(beds can be set as one double or two twin beds)

*There is a surcharge of 45 € per room and night
for luxury rooms & one bedroom suites

What is included:

5 nights accommodation at Cal Reiet Holistic Retreat
Vegetarian/Vegan Breakfast, Lunch & Dinner
Yoga classes as described in the program above
Yin Yoga (1x), QiGong (1x), Sound Healing (1x), Meditation (1x)

External participants (not staying overnight):

945,00 € per person

+ Course fee:

Donation base (100 €/day recommended)

What is included:

Vegetarian/Vegan Breakfast, Lunch & Dinner
Yoga classes as described in the program above
Yin Yoga (1x), QiGong (1x), Sound Healing (1x), Meditation (1x)
Pool usage

BOOKING & PAYMENT

To make your reservation, please contact enquiries@calreiet.com or alternatively call us at (+34) 971 947 047.

We charge 500,- € deposit when booking up to 3 months in advance to guarantee the room. Three months before the retreat the remaining amount will be charged.

Our account details:

IBAN: ES80 0019 0086 15 4010067913

BIC/SWIFT: DEUTESBBXXX

Bank: Deutsche Bank

Beneficiary: Cal Reiet Mallorca SL

After receiving your payment CAL REIET HOLISTIC RETREAT will send you a booking confirmation. By doing the payment for the retreat reservation you accept the cancellation policy stated below.

CANCELLATION POLICY

There will be no refunds or discounts for arriving late, leaving early, flight cancellations, travel delays or illness. We do not accept any liability for failure to provide the services contracted or any of them due to circumstances beyond our control. To the extent permitted by law, Cal Reiet do not accept any liability arising out of any occurrences beyond its control including but not limited to acts of terrorism, acts of God, flood, war, strikes, riot, theft, delay, cancellation, civil disaster, government regulations or changes in itinerary or schedule (collectively, "Force Majeure").

If you cancel the retreat for any reason, the cancellation policy below will apply, with no exceptions:

IF YOU CANCEL YOUR RESERVATION:

If you cancel more than three months in advance – we will charge 150€ as an Administration Fee. The remaining amount (350,00€) will be refunded.

If you cancel between 30 and 90 days prior to retreat start, we will transfer 100% of the deposit paid towards a new retreat or private booking.



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If you cancel up to 3 weeks prior to retreat start, we will transfer 75% of the deposit paid towards a new retreat or private booking.

If you cancel up to 2 weeks prior to retreat start, we will transfer 50% of the deposit paid towards a new retreat or private booking.

If you cancel up to 1 weeks prior to retreat start we will transfer 25% of the deposit paid towards a new retreat or private booking.

If you cancel less than 1 week prior to retreat start, no refund will be given.

To cancel please send an email stating that you wish to cancel your booked retreat to enquiries@calreiet.com.

In the event that Cal Reiet Mallorca S.L. by forces beyond its power needed to cancel all services stipulated under the contract, Cal Reiet Mallorca S.L. reserves the right to postpone the booking by offering alternative dates and transferring the full amount of the deposit received towards the new booking.

We look forward to having you with us!

