



CAL REIET

HOLISTIC RETREAT

Discovering Natural being

Mahamudra Retreat

with Lama Tilmann Lhündrup

1st – 6th November 2023 (5 nights)



Carrer Cal Reiet 80, 07650 Santanyi, Mallorca, Spain
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H O L I S T I C R E T R E A T

DESCRIPTION

This group retreat has three main aspects: It focusses on discovering the **natural state of our mind** in meditation, which is enhanced by exploring **natural awareness** while moving the body and by group exchanges on personal and social change.

The meditation teachings are given in the style of the Tibetan "**Mahamudra**" tradition, which aims at resting in the natural state of being through a deep awareness of the ungraspable nature of all phenomena. It is a deeply transformative meditation. The heart-felt letting go, which is necessary in this process, becomes possible through trust and insight into the inherently liberated nature of our mind.

Whether at rest or in motion, we always cultivate the awake, immediate experience of now and take all sensory experiences as gateways into simple, 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 by looking again and again into the continuous change and 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, "simply being like this", becomes a personal experience.

Each morning, Lama Lhundrup explains 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 each introduction.

In the late morning and later evening the experienced Yoga and Qi Gong teacher Verónica An, guides us into the experience of "embodied flow", where awareness, breath and physical movements (asana-based or dance-like movements) become united. She will also offer a session of healing sounds.

Each afternoon, Lhundrup offers suggestions on socially relevant topics from a Buddhist perspective, followed by an exchange among the participants. The aim is to share our approaches and inspirations in shaping social activity, based on the awareness of our all-pervasive interconnectedness ("inter-being") and our responsibility for future generations. We offer this retreat especially for entrepreneurs, business leaders, educators and other multipliers and decision makers.



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The breakfast is taken in silence, except the last day, and you are free to remain silent also for greater parts of the day. In the pauses you have the possibility for in-depth conversations with other participants or with Lama Lhündrup.

DAILY PROGRAM

**Times might slightly change.*

ARRIVAL DAY 1st November 2023

Check-In starting from 15:00 h

16:00 h “Meet & Greet” & Introduction

18:30 h Dinner

19:30 h Meditation

2nd, 3rd, 4th and 5th November 2023

6:30 h Guided meditation

8:00 h Silent Breakfast

9:00 h Instruction & meditation practice

11:30 h Embodied Flow

13:00 h Lunch

15:00 h Inputs and discussion on social topics

18:30 h Dinner

19:30 h Yin Yoga / Sound Bath / Qi Gong / Meditation

DEPARTURE DAY 6th November 2023

6:30 h Meditation

8:00 h Breakfast

9:00 h Instruction & Meditation plus Closing Around

12:00 h Check-Out

13:00 h Lunch on request



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

Who is Lama Tilmann Lhündrup?

Lama Tilmann (Lhündrup) Borghardt was born in 1959 in Germany at the North Sea. He started 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. He also founded together with friends the non-profit publishing house Norbu Verlag 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 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 28 people the opportunity to meditate in the style of the Mahamudra tradition for months or years. When his time allows it, he offers 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 Ekayana YouTube channel, you find his texts, audios and videos in English, German and French language.

WEB: www.ekayana-institut.de

YOUTUBE: Ekayana Media Library

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



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

PRICING

Course fee:

Donation base (100 €/day recommended)

Price for accommodation, full board & Yoga sessions:

Single room: 2.290,00 €*

Double room: 1.640,00 €* 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), Qi Gong (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



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

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

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!

