



## KenKon Winterretreat 2022

*'five days together in silence'*

Dear all, due to the COVID developments and regulations, we will have to adapt our program. As far as content is concerned we will also go off-script. We will offer a different, and potentially equally deep, meditative journey. As usual we will offer solid sessions of deep and still meditation, but this time these will be prepared with and catalyzed by breath- and energy work from the Tibetan Buddhist tradition. Traditionally they are often referred to as working with our energy channels, breath energy and bodymind essences [*tso, lung & thiglé*].

In terms of practices this means that we will do the so-called nine-fold breath purification, meditative exercises using breath and movement [*tsalung trülkhor*] and maybe some basic versions of the inner fire practice [*tummo*], depending on how the group is evolving through the five days. These will be alternated with periods of silent meditation, that ultimately culminates in wakeful resting in the nature of mind. More basic alternatives like concentration on the breath will be offered for beginners. We will also add [at least] one qigong sessions per day.

So, there will be a little bit more instruction, more breathwork and more movement, but there will also be substantial periods of 'nothingness'. This approach will potentially catalyze deep, embodied meditations and will charge you with valuable practical and experiential knowledge that can be of great value for the rest of your year, if you take it on board in your daily schedule.

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