



# KenKon Winterretreat 2023

*'Three days together in silence'*

## **Background KenKon Winter Retreat | why are we organizing it?**

To go on a retreat literally means to withdraw. Take a step back and create distance from the delusions of everyday life. Without distraction. No telephone, newspaper, book or obligatory talk.

It has been a special period for everyone. The Corona measures have radically changed social life. For many it was (and is) a difficult and difficult time. By giving yourself time to slow down (go on a retreat) you are servicing your mind. Just as a car needs maintenance, so does the mind.

KenKon's winter retreat has become a household name in recent years. Many non-KenKon members have also discovered our Winter retreat. The KenKon Winter Retreat offers the opportunity to taste the experience of a long-term retreat that often lasts a week to ten days. This year we will spend three days together. We prefer participants who register for the full retreat. However, you can still register for one or two days (day one or day one and two).

Due to the current energy prices, we have had to choose to offer a day program only. The day program starts at 9:00 AM and ends at approximately 5:00 PM. Therefore it is not possibility to spend the night at Kenkon. Of course there are plenty of places to stay in the area.

## **Practical information of the KenKon Winter Retreat**

We do not follow tradition-bound rituals. All we do is let what our minds still cling to die by being still. We sit quietly together, on a meditation cushion, a bench or a chair. It is about the process of sitting still, and of being still.

## **What do we do during the KenKon Winter Retreat?**

We follow a day program in which we meditate, do walking meditation and qigong.

If you have any questions about the Winter Retreat, please contact Raymond Wiggers. You can also email questions to [Kenkonretreat2023@gmail.com](mailto:Kenkonretreat2023@gmail.com)

We hope you will decide to spend a few days with us. You're more than welcome!