

Fo Guang Shan- Nan Hua Temple

Meditation Retreat

Beginner's Meditation Retreat Level - 1

Our popular flagship's beginner meditation retreat is designed for people who wish to learn to meditate and no previous experience is required. Meditation can be practiced by anyone, regardless of age or belief, who is in good mental and physical health.

We will show you the correct way to sit for meditation, do Tai Chi and simple yoga (specifically designed to aid sitting meditation) and, of course, meditate. If you wish to learn how to calm and tame your mind, acquiring the emotional and spiritual benefits of doing so, this retreat will help you. The retreat begins on Saturday morning and continues through to Sunday lunch. You may stay on Sunday afternoon for a Temple tour if you wish.

Included is instruction in basic Ch'an (Zen) meditation and relaxation exercises. We do walking, sitting and standing meditation as well as tea-drinking meditation. Sitting sessions last between 15 and 20 minutes. We sit with unsupported backs so one needs to have a healthy back

Beginner's Meditation Retreat Level - 2

The beginner meditation retreat Level II is a silent retreat for people who are ready to further their meditation practice. Anyone who has attended at least three beginner's meditation retreats Level I and is able to sit for at least 30 min per session may attend.

The Level II retreat intends to introduce participants to mindfulness meditation and the silent retreat experience thereby assisting each participant to find within himself or herself peace, compassion and tranquillity. This retreat enables participants to see the ways we create difficulties in our lives and to discover a freedom of mind in the midst of all things. The retreat combines Tai Chi and simple yoga (which aids in sitting meditation). Further your realization through Ch'an (Zen) meditation, relaxation exercises, sitting and standing meditation, as well as a tea-drinking meditation with venerable master.

Intermediate Meditation Retreat

The intermediate meditation retreat is a powerful opportunity for retreatants who are ready for further guidance and inspiration to expand and deepen their practice. The mindfulness practice on this retreat will be accompanied and complemented by training in loving-kindness meditation.

Anyone who has attended at least three sessions of beginner's meditation retreat II and is able to sit for at least 30min per meditation session may attend. These techniques are designed to deepen the meditation experience and refine the senses of perception. This results in more deep, subtle experiences in meditation.

This retreat is a wonderful opportunity to experience our own inner being while sharing in the support of others. Mindfulness throughout the retreat will be a focus, with alternating periods of sitting and walking practice. The retreat will be held in silence, with instructions and guidance for retreatants. Optional group meetings and private interviews with the instructors are available.

Benefit from wrapping oneself in silence and resplendent surroundings.

For enquiries and bookings e-mail: info@nanhua.co.za or Phone 013 931 0009

Meditation Retreat Almanac 2012

⌘ January

- 1 Baby Blessing Ceremony
- 7~ 8 Beginner's Meditation Retreat Level-1 (Fully Booked)
- 22 Chinese New Year Festival

⌘ February

- 11~12 Beginner's Meditation Retreat Level-1

⌘ March

- 17 ~ 18 Beginner's Meditation Retreat Level-2

⌘ April

- 21 ~ 22 Beginner's Meditation Retreat Level-1

⌘ May

- 19~20 Beginner's Meditation Retreat Level-2
- 26~27 Intermediate Meditation Retreat

⌘ June

- 16 ~ 17 Beginner's Meditation Retreat Level-1

⌘ July

- 14 ~ 15 Beginner's Meditation Retreat Level-2
- 23 ~ 29 Advanced 7 Days Meditation Retreat

⌘ August

- 11 ~ 12 Beginner's Meditation Retreat Level-1

⌘ September

- 30(Sun) Ceremony of Light and Peace

⌘ October

- 13~14 Beginner's Meditation Retreat Level-1

⌘ November

- 10 ~ 11 Beginner's Meditation Retreat Level-2
- 17 ~ 18 Intermediate Meditation Retreat

⌘ December

- 8~ 9 Beginner's Meditation Retreat Level-1
- 17 ~ 23 Advanced 7 Days Meditation Retreat

⌘ January 2013

- 1 Taking Refuge in the Triple Gem Ceremony
- 12~13 Beginner's Meditation Retreat Level-2

N.B. Activities may change without notice.