



Weekend retreat in Karlsruhe

with

Yahel Avigur

June 27 – 29 2025

An Unshakable Heart

Equanimity is the unshakability of the heart in the face of all conditions and experiences. It embodies depth and spaciousness, fearlessness, responsiveness, and natural compassion—rooted in virtue and insight. It is a natural capacity of the human heart, a home that is always there for us to return to.

In this short retreat, we will nurture the conditions that allow equanimity to arise and mature. Supported by practice, community, and teachings from the Buddhist tradition, we will meditate to cultivate mindfulness, compassion, samādhi—the collectedness of heart—and insight.

YAHEL AVIGUR is a devoted meditator and Dharma teacher. In 2013, after practicing in Theravada and Insight Meditation traditions, he met the Dharma teacher Rob Burbea and became his student. He was encouraged by Rob to teach the complete path of Emptiness as he articulated it, as well as his particular approach to Jhana practice and to train in teaching Soulmaking Dharma. Yahel is also trained in the Hakomi approach of assisted self-study.



Practical information

- Date / Time
- Friday, June 27, 5 pm – 8 pm
 - Saturday, June 28, 10 am – 6 pm
 - Sunday, June 29, 10 am – 5 pm
 - Participation on one whole day is also possible.
Please note: In case there are more applications than places available, participants who wish to take part the whole weekend will be prioritized.
- Location
- Tai Chi Schule, Karlsruhe – Oststadt, Lachnerstrasse 7; 76131 Karlsruhe; main building, second floor.
 - Tram 2 from main station: nearest station Durlacher Tor/ KIT Campus Süd
- Language
- The course is taught in English.
- What you should bring with you
- We have a tradition of sharing food in a joint buffet. It is appreciated, if you like to contribute to that. Cutlery, tea and coffee are provided.
Of course, it is also possible to bring and eat your own food.
 - If necessary: rain gear (for walking meditation outside)
 - We provide cushions or benches. Chairs are also available.
- Costs
- We ask for 40 € for the whole weekend to cover traveling costs of the teacher and rent. If this should prevent participation, please let us know so we can find a way that you can participate anyway.
 - The weekend retreat is offered on a Dana basis. This means that we as a community have the privilege to receive the teachings by Yahel free of charge - and to offer donations to support the teachings and Yahel's livelihood.
- Registration
- In order to register, please send an email to info@vipassana-karlsruhe.info.
 - Please let us know the following information:
 - Your name and address.
 - If you would like to attend Friday + Saturday, Sunday, or the whole weekend.
 - With this registration via e-mail, I confirm that I have taken note of the following information: Participation in the course is at my own responsibility. The Vipassana Group Karlsruhe and the course instructors assume no liability for personal injury or damage to property resulting from participation in the course.
 - Registrations are accepted on a first come first serve basis.