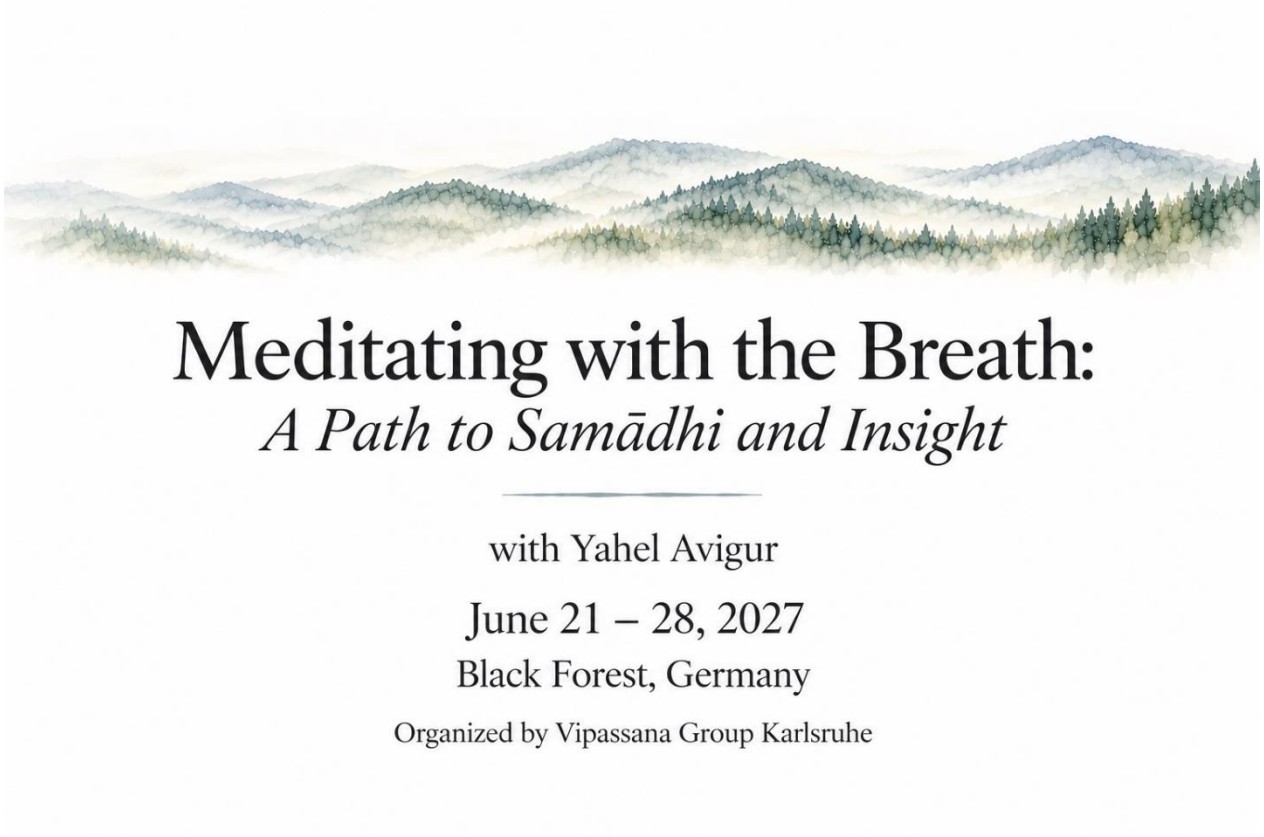

Retreat Description

The Buddha's instructions for breath meditation, found in the Ānāpānasati Sutta and in many other discourses, offer rich and detailed guidance for a gradual, organic process of meditative deepening.

Beginning with embodiment, and with a creative exploration of the perception of the body in the direction of harmonization, well-being, and nourishment, this path offers a reliable basis for samādhi. From there, it invites a gradual refinement of perception: relaxing subtler hindrances of the mind, sensing the beauty and radiance of a mind relatively free from hindrances, and cultivating letting go through liberating ways of looking. In this way, the same path can support both a deepening of samādhi and a deepening of insight.

On this retreat, we will follow the path laid out by the Buddha in these instructions. To "flesh them out," we will draw on Rob Burbea's approach to the cultivation of samādhi through the practice of "whole-body breathing," integrating perspectives on samādhi from his 2008 Samatha Retreat, as well as insight ways of looking from *Seeing That Frees*.

Suggested Listening

To get a sense of the direction of practice we will be exploring, you may wish to listen beforehand to Rob Burbea's **The Art of Concentration** retreat: https://dharmaseed.org/retreats/1183/

You may also find the following instructions by Yahel Avigur helpful:

- Five sessions on breath meditation: https://sangha.live/dharma-library/daily-meditation-recordings-with-yahel-avigur-week-of-14-september-2026/
- Base Practice: Energy Body and Breath: https://dharmaseed.org/talks/98268/
- Base Practice: Breathing with the Energy Body, Guided Meditation and Instructions, and Focusing on One Point: https://dharmaseed.org/talks/98273/

Listening beforehand is optional and is not a requirement for participation.

About the Teacher



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.

Dāna: Donations to the Teacher

In keeping with the Buddhist tradition, Yahel does not charge a teaching fee and teaches on the basis of dāna (generosity). He therefore relies on donations from those who attend his retreats to support his livelihood.

Dāna is not included in the retreat fee, so please remember to bring cash to make an offering. A dāna box will be available during the retreat.

Daily Schedule

The retreat will be held in silence. The daily program includes guided and silent sitting meditation, walking meditation, meditation instructions, Dharma talks, opportunities to ask questions and meet with Yahel.

Beyond the formal meditation sessions, we will also practice bringing kind and mindful awareness to our experiences of body, heart and mind throughout the day.

Each participant is expected to contribute one hour of practical help around the retreat center each day.

Participation and Suitability

Participants are required to attend the entire retreat, from beginning to end.

Intensive silent meditation retreats may not be suitable for people experiencing serious acute mental health difficulties. If you are unsure whether this retreat is appropriate for you, please contact the organizers in advance so that this can be discussed with Yahel.

Practical Information

Retreat Language	All meditation instructions, Dharma talks, and meetings with Yahel will be in English.
Address:	Alte Säge, Freizeitheim Breitenberg Dielweg 25, 75389 Neuweiler-Breitenberg, Germany Location in Google Maps
Arrival:	Monday, 21 June 2027 • From 5:00 pm: Arrival and check-in • 7:00 pm: Dinner • 8:00 pm: Opening session
Departure:	Monday, 28 June 2027. Please plan to leave by 1:00 pm at the latest.

Retreat Fee:

483 € for accommodation, meals, the teacher's travel expenses and organizational costs.

Registration is binding. Please complete the separate registration form to register for the retreat. The full retreat fee is payable upon registration.

Places are allocated in the order in which payments are received.

Bank details:

GLS Bank, IBAN: DE76 4306 0967 7007 8663 00, BIC (SWIFT): GENODEM1GLS

Financial assistance:

If the retreat fee would make it difficult for you to attend, a reduced fee may be available. Please contact us to discuss this.

Cancellation Policy:

If you need to cancel your registration, the following cancellation fees apply:

- up to four weeks before the retreat begins: 10% of the retreat fee
- between two and four weeks before the retreat begins: 40% of the retreat fee
- between two days and two weeks before the retreat begins: 50% of the retreat fee
- less than two days before the retreat begins, non-attendance or early departure: 100% of the retreat fee

Meals:

Three freshly prepared, generous meals will be served each day. All meals are entirely plant-based, and many ingredients are organic.

Fresh fruit, coffee, tea and water will also be available.

Unfortunately, we are unable to accommodate individual dietary requirements, allergies or food intolerances. If you need special food items, please bring them with you.

Accommodation:

Accommodation is in shared rooms with bunk beds, with four to six beds per room. Shared showers and toilets are available.

Bed linen and towels:

Please bring your own bed linen (duvet cover, pillowcase and fitted or flat sheet) and towels.

Clothing:

Please bring slippers or indoor shoes, comfortable clothing, sturdy outdoor shoes and waterproof clothing. We also recommend bringing warm clothes.

Meditation equipment:

Please bring your own meditation cushion or bench, as well as any mats, blankets or shawls you may need. Chairs will be available.

Mobile Phones:

To support the practice of silence and inner reflection, we strongly ask participants to refrain from using mobile phones and other digital devices throughout the retreat.

In urgent cases, the following telephone number can be used or given to family members and other contacts: **+49 1511 4925978**

Liability:

Participation in the retreat is at your own risk. The Vipassana Group Karlsruhe e.V. and the retreat leaders accept no liability for personal injury or damage to property arising in connection with participation in the retreat.