

THE WAY TO UNDERSTAND ONESELF - A JOURNEY TO OUR INNERMOST NATURE

WITH OLIVER LEICK
AND GABRIELLA SCHNEIDER

MERIGAR EAST & ZOOM

23-27 JULY 2024

Tuesday, July 23:

16.00 – 18.00 Oliver Leick: Introduction to the retreat. Reflection of the preciousness of being human: from where do the problems arise that we all have?

19.30 – 20.30 Khaita - Joyful Dances with Martina Krejcova

Wednesday, July 24:

10.00 – 12.00 Gabriella Schneider: Reflecting on our daily life

16.00 – 18.00 Oliver Leick: Reading from different books and Questions and Answers

19.30 – 20.30 Khaita - Joyful Dances with Martina Krejcova

Thursday, July 25:

10.00 – 12.00 Oliver Leick: What are phenomena? Who am I?

16.00 – 18.00 Gabriella Schneider: Presence and Awareness in daily life

19.30 – 20.30 Khaita - Joyful Dances with Martina Krejcova

Friday, July 26:

10.00 – 12.00 Gabriella Schneider: About Behavior and Meditation

15.00-16.00 Khaita - Joyful Dances with Martina Krejcova

16.00 – 18.00 Oliver Leick: Three secondary practices for developing meditative stability

18:30 Tibetan games and BBQ

Saturday, July 27:

10.00 – 12.00 Oliver Leick: Transforming emotions into wisdom

12:30 End of retreat

Recommended Reading List

- The Crystal and the Way of Light / in the Romanian edition Cristalul si calea luminii.
- Starting the Evolution
- The Supreme Source / in the Romanian edition Sursa suprema
- Yantra Yoga, the Tibetan Yoga of Movement / in the Romanian edition Yantra Yoga, yoga tibetana a miscarii.