



**Weekend Non-Residential Retreat with  
UPASAKA UPALI**

**Dharma Talk on Friday Evening,  
Meditation Days on Saturday and Sunday  
June 7 – 9, 2019  
in Karlsruhe, Germany**

**About the Weekend**

This weekend retreat aims to support and deepen your practice. It will be taught primarily from the perspective of the Shamatha-Vipassana style described in *The Mind Illuminated* (TMI), though it is not required to practice in this style during the periods of meditation. In addition to providing a practice space, the seminar will explore the practical aspects of TMI through an introduction and general overview of the 10 stages. Beyond the theoretical, the weekend will specifically explore pragmatic aspects of meditation, focusing on your direct experience, and giving ample space to explore any questions you have related to your personal practice.

**About *The Mind Illuminated***

*The Mind Illuminated* (TMI) is a book about an ancient meditation technique with modern considerations, including the perspective of cognitive science. It could most accurately be described as Shamatha-Vipassana, incorporating both concentration and insight practices. It has grown in popularity due to the way it gives clear and tangible instruction on how to meditate, demystifying the practice of meditation as a whole and giving greater access to the benefits of meditation for everyday people.

**About Upali**

Upasaka Upali is a meditation instructor who specializes in working with beginning to advanced meditators. Upali's teaching style strives to provide tangible instruction, inspire consistent practice, and to create a rewarding meditation experience.

He has taught broad and diverse audiences from adult professionals seeking stress reduction to elementary students in underserved communities. He began teaching in the Southeastern United States where he would travel once a month to a Federal Prison in Virginia to talk about meditation with inmates of a prison Sangha (meditation community). He later moved to South America, where he was encouraged to continue his teaching practice by Tucker Peck, Ph.D. through teaching beginning meditation classes online. Since then, his online teaching practice has expanded, which he has found to be a delightful way to connect with meditation practitioners from all over the world.

After arriving back in the United States, Upali began a local meditation Sangha in Chattanooga, Tennessee. Additionally, he became a teacher for the Mindful Schools Program where he taught mindfulness to elementary students in underserved communities of Chattanooga. In April of 2018, he completed a one month Teacher in Residence program at Dharma Treasure with Upasaka Culadasa. Since the program, Upali has increased his teaching of in-person meditation retreats and has enjoyed seeing the benefit and progress silent retreats create for practitioners. He is currently a teacher in training with Culadasa, the author of *The Mind Illuminated*.

## General Information

- Date / Time**
- Friday, June 7, 7 pm – 9 pm
  - Saturday, June 8, 10 am – 6 pm
  - Sunday, June 9, 10 am – 5 pm
  - Participation on one day is possible, but only the whole day.
- Location**
- Waldorfschule Karlsruhe-Waldstadt, Neisser Straße 2, 76139 Karlsruhe, Germany
- Language**
- The course is taught in English.
- What you should bring**
- Food for a joint buffet, and beverages, plates and cutlery for yourself.
  - If necessary: rain gear (for walking meditation outside).
  - Blankets, meditation cushions or benches and socks. We provide cushions or benches for participants that do not have one. Chairs are also available.
- Costs**
- 15 € for each meditation day (Saturday & Sunday) that cover the costs of teacher travel and rent associated with the retreat. There is no registration fee for the talk on Friday evening.
  - All teachings throughout the weekend will be supported by Dana, an ancient Pali word that means generosity. Upali does not receive compensation for his time from retreat fees, only by the generosity of attendees, so please be generous as you are able. You can think of your generosity as “paying it forward,” allowing the teachings to be accessible to others in the future in addition to supporting Upali's livelihood.
- Registration**
- For the Dharma talk on Friday evening no registration is required.
  - In order to register for Saturday and/or Sunday, please send an Email to [info@vipassana-karlsruhe.info](mailto:info@vipassana-karlsruhe.info).
  - Please let us know the following information:
    - Your name and address.
    - If you would like to attend Saturday and Sunday, or only one of these days.
    - Your acknowledgement that we accept no liability for any damage occurring during the weekend retreat.
  - Registrations are accepted on a first come first serve basis.