

July 4th – 12th 2022

„Sweet Simplicity“ -Teachings and retreat on Mahamudra
with James Low

Beginning: Monday, 10 O'clock / End: Tuesday, 1 O'clock

James is preparing a short book of key mahamudra texts which will be published in spring. The focus of the retreat will be on following these teachings and doing a lot of practice... especially outside to make good use of the space.

“We find ourselves in the intrinsic non-duality of mahamudra by being present in the instant spontaneity which displays the inseparability of illusory subject and object.”
(James Low)

The retreat will take place in a big tent just in front of the retreat house, so there is enough space and fresh air for the safety of all participants.

Course fee: 192 € regular, 134 € members of Retreathaus Berghof, 96 € social price
In addition to this Retreathaus Berghof course fee there will be the possibility to offer a dana to James to express your gratitude for the teachings if you wish.

About Retreathaus Berghof e.V.

The Tibetan name of the Berghof retreat house is Rinchen Bangdzö, "precious treasure". It was founded in 2015 by a group of students from the Tibetan Buddhist teacher and Tibetologist HE Dagab Kyabgoen Rinpoche and serves as a seminar and retreat house for Tibet House Germany in Frankfurt, a renowned cultural institute and study center under the patronage of HH the Dalai Lama and spiritual headed by HE Dagab Kyabgoen Rinpoche and HE Zong Rinpoche.

Located on the outskirts of Wiesen, a small village in the Spessart Nature Park, surrounded by meadows and extensive forests, we can devote ourselves to study and meditation here and, on the basis of these experiences, explore how we have to interweave our Buddhist practice with constructive action in our personal environment and within society. It offers a place for a temporary retreat from the hustle and bustle of everyday life in order to find access to more inner peace and deeper insights through meditation. We also offer Buddhist meditation courses and seminars.

The former country inn has a large meditation or seminar room with seat mats and cushions for about 50 people, a small seminar room with tables and chairs for about 20 people, a small meditation room for 15 people and rooms for the participants to stay overnight. There is a well-equipped kitchen and two dining rooms. For larger groups of 20 people or more, we provide a cook for vegetarian cuisine. Due to the location on the outskirts, you are usually completely undisturbed, even during walking meditations in our garden or on the forest paths.

We are open to cooperation events with other Buddhist, interreligious or ethical-ecological groups, as long as these are in line with the values and goals of Retreathaus Berghof e.V.

Registration

Here you can register for a course and for room and board. The rooms are allocated in the order in which they are registered. We ask for your understanding that due to hygienic reasons rooms can only be booked for the entire period of the course.

www.retreathaus-berghof.de

Prices for rooms and meals

At the moment, all rooms can usually only be occupied by one person under the provisions of spatial distancing to protect against COVID-19. Only people for whom the general contact restriction does not apply, such as couples, families or residents of a common household, can share a room.

Overnight stay per person and day including VAT:

Room with bathroom € 30

Double room (see above conditions) 25 €

Overnight stay in internal club rooms (only for members) € 10

Bed linen / towels if required 7 € per stay

* Only 3 people are allowed to use the bathroom in the multi-bed area and the sanitary facilities for the camping area.

Daily meal rate per person and day including VAT.

Full board for groups of 20 people or more 30 €

Contact

For further information please contact us:

Retreathaus Berghof e. V.

Am Berg 1

D-63831 Wiesen (Spessart) / Germany

Phone: +49 152 0427 123

Email: office (at) retreathaus-berghof (dot) de

Our office is regularly manned on Tuesdays and Thursdays from 8.30 a.m. to 4.30 p.m. During this time you can reach us on the telephone number given. Please note that we can only accept bookings and reservations by telephone in exceptional cases. Please use the prepared online registration form on this page or send an e-mail with the relevant complete information to the office address given above.

Travel Direction

Wiesen can be reached by car in about an hour from Frankfurt / Main. The international airport Frankfurt / Main is 45 minutes away by car. The next long-distance train station is Aschaffenburg, the next regional train station is Heigenbrücken. From Monday to Friday there are buses (20 min. drive) to Wiesen, on Saturday and Sunday every 2 hours during the day.

Bus schedule both Heigenbrücken – Wiesen:

https://www.kvg-mobil.de/dokumente/Fahrplaene/28_beide_ab_210101.pdf

Accommodation in the area

Wiesen

Haus Schönblick www.haus-schoenblick-wiesen.de

Hella Elsässer (06096 252) und Sandra Elsässer (06096 603)

Camping Wiesbüttsee (06096 970256) www.cris-camping.com

Kleinkahl (7 km distance)

Gasthof Bamberger Mühle www.bamberger-muehle.de

Pension an der Kahlquelle www.pension-kahlquelle.de

Flörsbach (7 km distance)

Ferienwohnung Flörsbachtal drei Ulmen www.ferienwohnung-drei-ulmen.de

Frammersbach (12 km distance)

Gästehaus Laubertal www.gaestehaus-laubertal.de

Landhotel Spessartruh www.landhotel-spessartruh.de

Gasthof zum Grünen Baum www.gasthof-zumgruenenbaum.de

Gästehaus Blatz www.gaestehaus-blatz.de

Gasthof zur frischen Quelle www.diefrischequelle.de

Pension Haus Sonnenhang www.sonnenhang.de

Heigenbrücken (14 km distance)

Privatpension Hasenstab www.pensionhasenstab.de

Gasthof zur frischen Quelle www.zurfrischenquelle-heigenbruecken.de

Pension Villa Walburga www.pension-villa-walburga.de

Hotel Garni Berghof www.hotelgarni-berghof.de

Pension Haus Sonneck www.pensionhaussonneck.de

Flairhotel Hochspessart www.flairhotel.com

Hotel Villa Marburg www.villa-marburg.de

Flörsbachtal (15 km distance)

Hotel Flörsbacher Hof www.floersbacher-hof.de

Hotel Waldeck www.waldeck-spessart.de

Bergdorf Spessart www.bergdorf-spessart.de