

Take It Easy

18-24 November 2024 at Veciana

This retreat will focus on relaxing our reliance on habitual patterns of dualistic involvement so that the self-liberation of all experience becomes clear. We will go through Patrul Rinpoche's short text *Self-Liberating Understanding* which is Chapter 10 in the book *Simply Being*.

There will be Spanish translation of the teaching.

The text will be made available in English and Spanish.

The retreat will run from 10 am on Monday 18th November till lunch time on Sunday 24th November.

Veciana is about 2 hours journey from Barcelona.

Location

Casal la Salle

Carretera de Calaf a Sant Guim (BV-1001), km 5'9 **VECIANA** (Barcelona)

Phone number: +34 607 55 0829

Email: casalsantmarti@revisa.cat

www.casalstmarti.lasalle.cat

Price of the retreat : Eur 790 (this price includes single room with bathroom and full board. Half board is also available. Option menu standard, vegetarian, vegan.)

Reservation fee: Eur 80

BUS: for those who need transport, we will put at your disposal a bus from Barcelona to Veciana (return trip). The price of the bus is extra. It is not included in the retreat amount.

Organisers : Maica (Mayka) Gardia and Antonio Gomez Ceto can be contacted at psicoydzog@gmail.com