



HANDS AND FEET Creative Weekend at Amaravati

**Fri 5 - Sun 7
December 2014**

Retreat Centre
Amaravati Buddhist
Monastery
Great Gaddesden
Hemel Hempstead
Herts HP1 3BZ

The Retreat starts
between 5 and 6:30pm
on Friday (with a light
meal) and ends around
4 pm on Sunday.

It will be led by
Sister Cittapala

*With our hands, we
manifest our relationship
to the world and to
ourselves; with our feet
as well, though differently.*

*During this weekend, we
will explore how our
hands and feet are
serving us to open to
what we are sensing and
feeling and how to find
our ground and creative
responses.*

*Underlying this
exploration is the inner
'knowing', our real
ground.*

*We will offer devotional
pujas and ways of
exploring and reflecting
on the theme individually
and in the group. This will
include periods of silent
meditation (sitting,
walking, moving, painting)
to strengthen present
moment awareness. In
addition, the
contemplation of*

*Buddhist teachings will
help us to develop a
perspective on the flow of
sense impressions.*

*We ask all participants to
follow the 5 Precepts and
take refuge in the Triple
Gem. Part of the weekend
will be held in silence.*

*Although the Creative
Weekend is part of the
family activities at
Amaravati, it is open to
anyone over 18. You are
requested to participate
for the duration of the
weekend.*

*There is no charge for
attending retreats at
Amaravati. However, to
meet the running costs of
the retreat centre, we do
rely on the generosity of
those attending. Previous
retreatants will have made
a donation, enabling
others to attend.
As a guideline: The costs
for running the centre are*

*approx £ 20 per person/
day. Any donations are
anonymous and entirely
voluntary, retreatants are
invited to give whatever
they are able to offer.*

*The retreatants are asked
to bring food/dishes for a
shared lunch on Saturday
and Sunday (pot luck) and
to help with some meal
preparations.*

*For more information and
booking, please contact
Joy Love
<joy.love@virginmedia.com>*

*For details about how to
get to Amaravati
Buddhist Monastery,
please go to
www.amaravati.org or
www.family.amaravati.org/booking/main
(to download the
booking form)*