

# T H E E M B O D I E D M I N D



A FIVE-DAY MEDITATION RETREAT AT IDÖBORG, JUNE 27 - JULY 2 2014

For the first time ever, Ajahn Sucitto will teach a retreat in Sweden! He has been a Buddhist monk for over 35 years, in both East and West, and taught meditation for 33 years. He is the Abbot of Chithurst Buddhist Monastery, one of the monasteries in the Ajahn Chah Thai Forest Tradition

The retreat will take place at a breathtakingly beautiful island outside Stockholm, [Idöborg](#). The style of the retreat will be monastic. This means there will be some optional devotional elements, like chanting and bowing. Participants will be expected to keep the 8 precepts. The challenging one for most people is not eating after 1 pm. There will be group interviews.

It is a nonprofit retreat, with an opportunity to make a donation to the monastery at the end of the retreat. Prices are 5300 SEK for a single room, and 4000 SEK for a bed in a double room. This includes delicious vegetarian breakfasts and lunches, and tea and coffee.

I am so pleased to be able to organise this retreat. Ajahn Sucitto and I lived together at [Chithurst Buddhist Monastery](#) for 7 years. His kindness, compassion and wisdom will stay with me for the rest of my life. If you'd like to read his books, they're all available [for free here](#). For his talks and guided meditations, [click here](#).

If you're interested to participate in this retreat, please email me, Björn Natthiko Lindeblad, at [natthiko@gmail.com](mailto:natthiko@gmail.com).

**Warmly welcome!**



## Ajahn Sucitto:

*'Mind' to many people means 'thought.' Thought can be an important resource for clarity, but it needs to be calmed and brightened by meditation.*

*In this retreat we'll experience the fuller dimension of mind, or 'awareness' through accessing the intelligence of the body and of the heart. Then thinking and emotions work in harmony, and incline towards peace and compassion.*

*The retreat will include periods of Qi Gong, sitting, standing and walking meditation for about eight hours per day. The retreat will largely be in silence, with instructions being given several times per day.*

*Some previous experience in meditation is recommended.*