

# IMMERSE YOURSELF IN A 3-DAY SHANGRILA MEDITATION RETREAT

Organized by:

**Mahabodhi International Meditation Centre, Leh, Ladakh**

*Medication is to heal the wounds of the physical body.*

*Meditation is to heal the wounds of the mental body.*

*~Bhikkhu Sanghasena*



The incredibly beautiful Sambodhi Meditation and Yoga Retreat Centre, an inspiring oasis of tranquil contemplation, is situated in a secluded corner of the transformative Mahabodhi International Meditation Centre campus in the midst of the picturesque thus offering placid energy for the individual's inner growth.

The Centre is dominated by the Rocky Mountains on one side and golden sand dunes on the other. The sweet scent of fragrant and jewel-like flowers, which line the footpaths of the Center, play joyfully on the senses, while enigmatic stupas, reclusive meditation kutirs, abundant prayer flags, and the most sacred and eye-catching Milarepa rock cave provide silent spiritual encouragement.

The Sambodhi Retreat Centre is exceptionally well-designed and very thoughtfully appointed. In fact, our most revered spiritual guide and meditation teacher, Venerable Bhikkhu Sanghasena, has personally overseen all aspects of the Centre's design, construction, and management with a singularly humanitarian vision: to create a unique, world-renowned contemplative venue, which is appealing to all seekers of truth and lovers of peace, irrespective of their religious inclinations, caste or creed. As a consequence, the Centre provides an incredibly warm welcome to all genuine seekers who are looking to incorporate timeless and universal spiritual truths into their daily lives.



The tremendously popular and highly successful 3-day Shangri-La Meditation course is regularly scheduled throughout the summer months and we have received incredibly positive and encouraging feedback from all those attending them.

The simple, yet timeless, teachings of the enlightened Buddha are taught with precise accuracy and insightful clarity at the Sambodhi Retreat Centre. The very heartwood of the Buddha's unsurpassed contemplative teachings is taught in direct, engaging, and highly relevant ways, enabling sincere practitioners to open and expand their innate inner qualities of wisdom, compassion, power, and purity.





# 3 DAY MEDITATION INCLUDES



Dhamma talk and group sitting meditation

Beginner's yoga practice



Open-meditation Session at Milarepa rock cave

Solitude with nature



Walking meditation

Discussions



Hill walking



The powerful and most updated Shangri-La meditation retreat will be led by the world-renowned meditation master Bhikkhu Sanghasena, Founder & Spiritual Director of the Mahabodhi International Meditation Centre (Ladakh), this retreat is certain to leave a profound impression on one's consciousness, opening new horizons both within and without.



Immerse yourself in the transformative Shangri-la Meditation with Bhikkhu Sanghasena which will invite you to the immeasurable inner qualities of the awakened heart and mind.

For further information please feel free to contact:

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