

The Nathaniel Meditation Center Spring Retreat 2016

April 23 & 24, 2016

Brahma Vihara: The 4 Humble Abodes Finding Comfort, Connection and Meaning in the Four Humble Abodes: Love, Compassion, Joy and Equanimity

This retreat will focus on the 4 Humble Abodes, also known as the Four Immeasurable Minds, which are the qualities of love, compassion, sympathetic joy and equanimity (nondiscrimination or non-attachment). These qualities are what most parents have unconditionally for their children when they are born. In this retreat, we will cultivate these mental states of mind through specific meditation practices. Through building and expanding these humble homes in our heart we can bring comfort to relieve suffering and bring much benefit to ourselves and others.

This retreat will be broken down into 4 separate sessions. Each meditation session will focus on one of the “immeasurables”:

April 23 @ 9:00-11:30am Meditations on Love

April 23 @ 1:00-3:30pm Meditations on Compassion

April 24 @ 9:00-11:30am Meditations on Sympathetic Joy

April 24 @ 1:00-3:30pm Meditations on Equanimity

Cost: \$30 individual session or \$50/day if registered by April 16, 2016. Walk in registration cost \$35 individual session or \$60/day.

Student scholarships available upon request through email to: NathanielMeditationCenter@gmail.com or phone contact with Cathy at 727-223-2017.

Registration and payment can be made through our website NathanielMeditationCenter.com



NathanielMeditationCenter.com
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Location: Bella Soul Yoga, 15006 Madeira Way, Madeira Beach, FL