

# LIVING AS A MONK: SIMPLIFY LIFE, AMPLIFY HAPPINESS

**5 - 7 July 2019, UNITED KINGDOM**

World Peace Initiative Foundation and Mind Stories Team would like to welcome you to a weekend retreat in the city of London. You will try a lifestyle based on the practice of a Buddhist monk for 3 days to learn the art and science of meditation and mindfulness through teachings and workshops. This will bring more understanding about how Buddhist Monks simplify their lives yet amplify their happiness as scientists found in their research.

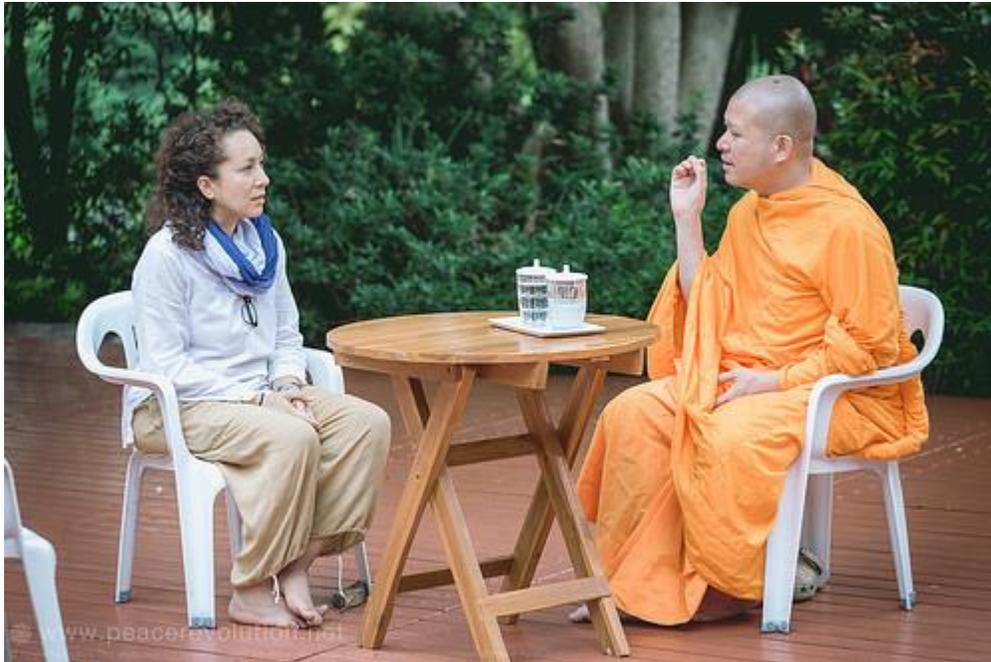
This retreat is designed for those who are interested in deepening their meditation experience, developing mindful habits, googling with a Buddhist Monk and mentors on different aspects of life, exploring the ancient Buddhist philosophies (such as Law of Karma, Impermanence, and Noble 8-fold Path), and enjoying the special activities which are practical, applicable, yet fun in its own way that can only be experienced.

Our goal is to bring you on an insightful knowledge and wisdom filled journey hardly found elsewhere in order to cultivate inner peace for personal and professional growth. The technique used for our meditation and mindfulness practice is called “Center of the Body” technique (or Center of Gravity) which is the place where our body and mind can be in balance. During the retreat, the Teaching Monk will guide you through 7 bases of the mind until you gently reach the Center of the Body where the mind can become more powerful. This technique has been taught 2500 years ago since the Buddha’s time. The first of its kind where you learn the lifestyle of a Buddhist Monk in the heart of London to simplify life and amplify happiness.

## HIGHLIGHTS

### The package includes:

- 8 Guided Step-by-Step Meditation Sessions
- 6 Life lessons based on Buddhist Philosophy and Monastic Lifestyle
- Mindfulness in Action (Workshop)
- Q&A “Meditation Clinic” with a Teaching Monk
- 2-night accommodation



### **Meditation Clinic**

The retreat offers a unique opportunity to talk with a monk whom you can ask any questions, doubts, or concerns you have in life and learn how a Buddhist monk uses Buddhist philosophy to deal with daily problems in today's fast-changing and unpredictable environment.

### **TOPICS of the 3-day life-changing program**

The program explains how living a monk life makes it possible to easily obtain genuine peace and happiness from within. Participants will learn selected monastic practices that will simplify lives yet bring them closer to the ultimate goal of total liberation (or enlightenment). The lesson includes knowing yourself, knowing the purpose of life, knowing the line between positivity-negativity, right-wrong, and should and should not, knowing the noble eightfold path, and knowing the three pillars of perfection, which helps develop good habits that will help one become a better self. In the end, a real-life example will also be demonstrated in order to bring the retreat environment back to the modern world.

#### **The following is selected topic examples.**

- Monastic lifestyle: ancient wisdom that creates the missing clarity
- The art of letting go
- Discovering true purpose of life
- Three pillars of perfection
- The revelation of 'self'
- Simplicity in the modern world

## VENUE

### The Royal Foundation of Saint Katharine

#### **Address: 2 Butcher Row, London E14 8DS**

St. Katharine's is a place where many have found its sense of calm transforms the way they feel. Whether on a short stay in London, a business trip, a holiday from abroad or a personal retreat, we offer a unique London accommodation alternative to London hotels. Peaceful London Setting

In keeping with the peaceful environment, there are no televisions in the bedrooms, however complimentary high-speed WiFi is available throughout St Katharine's. Our spacious lounge, conservatory, garden and a small library are all wonderful settings to spend time relaxing or working during your stay.

Our beautiful garden is home to undisturbed wildlife also finding sanctuary at St Katharine's. You can often see blackbirds, wood pigeons, squirrels in the sheltered space of our garden. You may also be interested to go across into the rose garden, where you can find the rose bush planted by our patron Queen Elizabeth II during her last visit.

## INSTRUCTORS

**Venerable Phra John Paramai** commonly known as **LP John**, a world class speaker and trainer who has been guiding meditation sessions and offered thematic lectures in 50 countries for more than 30,000 participants. He also teaches online meditation sessions and Buddhism on the [Mind Stories](#) community. [Watch his video.](#)

## PRICING

### PER PERSON

- Early Bird Price 500 GBP per Person
- Normal Price 600 GBP per Person

## WHAT'S INCLUDED

- 8 Guided Step-by-Step Meditation Sessions
- 6 Life lessons based on Buddhist Philosophy and Monastic Lifestyle
- Mindfulness in Action (Workshop)
- Q&A "Meditation Clinic" with a Teaching Monk
- 2-night accommodation

## WHAT'S NOT INCLUDED

- Transport to/from the venue
- Dinner - To follow the monk's life

## DAILY SCHEDULE

<b>Time</b>	<b>Activity</b>
05.00 hr	Morning Riser Call
05.30 - 06.30 hr	Spread loving-kindness Meditation
06.30 - 07.15 hr	Morning Stretching/ Yoga
07.15 - 08.00 hr	Mindful Eating (Breakfast in Silence)/ Receive Blessings
08.00 – 08.30 hr	Walking Meditation with a Monk
08.55 - 09.00 hr	Mindful Alarm: Samma Arahang
09.00 - 11.00 hr	Morning IPT: The Art of Letting Go
11.00 – 11.30 hr	Offering Food to the Monk
11.30 - 12.30 hr	Mindful Eating (Lunch in Silence) / Receive Blessings
12.30 – 13.00 hr	Outdoor Be at the Center Reflection with Mentors
13.30 - 14.00 hr	Dhammacakka Chanting for Stillness
14.00 - 16.00 hr	Afternoon IPT: Discover the True Purpose of Life
16.00 – 18.00 hr	Meditation Clinic with a Monk/ Mindfulness workshop
18.00 - 19.00 hr	Personal time/ Refreshment
18.55 - 19.00 hr	Mindful Alarm: Samma Arahang
19.00 - 21.00 hr	Evening IPT: Three Pillars of Perfection
21.00 - 21.30 hr	Meditation Experience Reflection with Mentors
22.00 hr	Bedtime