

## Amanjiwo's Inward Journey

# A MEDITATIVE RETREAT IN THE HEART OF CENTRAL JAVA

20 - 24 September 2012

Amanjiwo's annual meditative retreat returns in September 2012. The comprehensive programme includes guided meditation classes, private yoga instruction and in-depth archaeological tours of Borobudur and other prominent Buddhist monuments. For both novice and experienced practitioners, this four-night retreat offers a personal spiritual journey in beautiful natural surrounds, close to one of the world's oldest Buddhist sanctuaries.

Surrounded by rice paddies in the foothills of the Menoreh Hills, Amanjiwo overlooks Borobudur and is the ideal setting in which to celebrate the spiritual legacy of Central Java. Amanjiwo welcomes back meditation teacher Khandro Thrinlay Chodon, a Buddhist of Vajrayana lineage. Khandro-la, as she is known, was born into a family of Buddhist yogis and raised in an environment where spirituality was an integral part of everyday life. The retreat will also include Amanjiwo's Resident Archeologist Toni Tack.

The meditation programme will take place from 20-24 September and will immerse participants in the compassionate and comprehensive spirit of Buddhism. Offering an opportunity for reflection and peaceful contemplation, it will include morning meditation instruction, evening lectures, private healing and counseling, and excursions to Borobudur, a Theravada Buddhist monastery and the 9th-century Mendut Temple.

For the full meditation programme please [CLICK HERE >](#)

### FOUR-NIGHT RETREAT

Garden Suite	\$3,400++*
Garden Pool Suite	\$4,200++*

#### Retreats include:

- Yoga, morning & afternoon meditation group classes.
- Daily breakfast, lunch and dinner.
- Airport transfers and entrance fees to Borobudur and Mendut temples.
- Rates are based on single or double occupancy.
- Rates are subject to 10% service charge and 11% government tax.
- Rates and government tax are subject to change without notice.
- US\$ rates are converted to local currency at time of billing.



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## FOUR - NIGHT MEDITATION PROGRAMME

20 - 24 September 2012

*The four-night retreat begins on Thursday evening, September 20, with a pre-dinner blessing and an introduction to the purpose of a spiritual journey. Khandro-la will reveal how these journeys help to develop the qualities of an open and joyous heart that is strong and can help navigate the many challenges presented in life. In Buddhism, this is the definition of pilgrimage.*

### DAY ONE: FRIDAY, 21 SEPTEMBER, 2012

**EARLY MORNING** - Visit Borobudur with Khandro-la who will discuss the essence of this holy site and how to access the spiritual depth of the monument to sustain inner nurturing.

- Breakfast
- Lunch and siesta

**AFTERNOON** - Meditation class in Amanjiwo's Art Gallery - 'Connecting Inward.'

*The principles of a free-flowing heart and mind will be reviewed. Khandro-la will share a practice from Tibetan Buddhism that utilises three methods to assist with focus and calm: the breath, sound and visualisation. The morning meditation is an important part of each day of the retreat, setting the tone for a quiet and stable mind.*

**EARLY EVENING** - Meditation class in Amanjiwo's Art Gallery - 'The Yogis Practice'

**DINNER** at leisure or with Khandro-la and the group

### DAY TWO: SATURDAY, 22 SEPTEMBER, 2012

**EARLY MORNING** - Meditation class at Dagi Hill, located on the western slope of Borobudur. This is followed by breakfast and a discussion on stories about the meaning of the reliefs and connections to our precious human life and daily interactions.

**LUNCH AND SIESTA**

**EARLY EVENING** – Lecture of Ancient Temples by Toni Tack 'The connection between 8th and 9th century Buddhist monuments of Borobudur and Mendut temples'. This will be followed by a journey of meditation practice at the 8th century temple of Mendut.

**DINNER** – Continue on to Pawon Temple to present a small offering of appreciation before entering a traditional Javanese house for dinner.



### DAY THREE: SUNDAY, 23 SEPTEMBER, 2012

**BREAKFAST**

**MORNING** – Meditation in the Art Gallery – 'Mindfulness in Daily Life', followed by a walking meditation session through the local fields. Return to Amanjiwo by *andong* (traditional horse and cart) and witness the local home industries in the traditional Javanese villages.

**AFTERNOON** - Pranayama Yoga followed by a picnic lunch at Progo River.

**EVENING SESSION** - guests will participate in an evening candlelit *puja* at the Dalem Jiwo Suite, a discrete enclosure featuring two bedroom pavilions, a classically-styled rotunda and surrounding terrace and a private infinity pool descending into the rice fields beyond.

The one and a half hour chanting experience commemorates those who have passed and honours those who are experiencing difficulties. This session helps in the process of letting go and healing.

**FAREWELL DINNER**

Closing dinner at Amanjiwo with a mask dance in the main restaurant.

### DAY FOUR: MONDAY, 24 SEPTEMBER, 2012

**BREAKFAST**

Transfer to the airport

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