



Sitting still & Drala Dance

Weekthün
in Hungary
August 10–17,
2019

with Acharya Mathias Pongrácz, Daniel Boldog and others

Come and reset your energy, body and mind in a joyous weekthün in Hungary! We will be practicing Samatha/Vipashyana, hearing talks on how to open our heart/mind to the vastness and fundamental goodness and... we will practice the ancient art of hungarian drala dance.

This is a great opportunity to gather ourselves, synchronize body& mind and activate the awakened energy of enlightened society.

Hungary has an ancient and unbroken tradition of celebrating with folk dances that on the spot act to dispel cowardly or stuck mind-states. Traditional musicians will participate and create the rhythmic, exhilarating environment for our Drala Dance. While sitting still you can easily space out - but when in a group circle dance you are sure to immediately come back to the present!

In this way we will combine the very best of human culture to create an awake and invigorating atmosphere that brings wisdom and compassion alive.

The location is Pannonhalma – a retreat setting in the countryside near the oldest monastery in Hungary (over a thousand years old). It is easy to reach by train from both Vienna or Budapest.

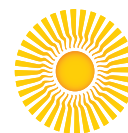
Arrival: Saturday August 10th 18h – **Departure:** morning of August 17.

Program Pricing (amounts in €)

- 460 - net income more than 1.500.- /month
- 390 - net income between 1.000 and 1.500.- /month
- 325 - net income between 800 and 1.000.- /month
- 260 - net income between 500 and 800.-/month
- 220 - net income under 500.- /month

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SHAMBHALA
— BUDAPEST —

