

Spiritual Ecology Retreat from June 9 – 13, 2021



Facilitated by Maaike Boumans & Annick Nevejan

**Les Jardins de Méditation de Samyé,
Beaumont, Belgium**

"The same stream of life that runs through my veins night and day runs through the world." Rabindranath Tagore

How can we integrate a spiritual response to the ecological, social and political crisis we are facing?

We welcome you to join a small group of people on this 4-day learning journey on the land of a Buddhist retreat center, just 30-minute south to Charleroi, to explore what it means to live in a peaceful, kind relationship with oneself and all forms of life. We invite you to bring a curiosity to learn and deepen your meditation practice as the necessary inner work to get beyond our self-centeredness as one of the root problems in our world. With meditation we can enhance our inner resources of joy, compassion, and wisdom to build resilience and a deeper trust in ourselves, in life and how we can make a difference. We will bring this inner work together with our outer environment, deepening our connection with Mother Earth, with each other, and sensing into what wants to emerge in the larger system.

We believe it takes a community to practice well: to learn together and grow our 'muscles' of resilience, compassion and warriorship. We have been offering regular community of practice gatherings in Amsterdam since 2018 and have guided a first cohort through a 12-month deep dive in the field of Spiritual Ecology.

"What I perceive after attending last night's connections is a great deal of clarity, ease, joy, peace and space to be careful and grateful. Connecting this to the ecology 'i' think is so much needed." - Rens, participant

The program consists of daily movement and meditation practices, talks/input by the facilitators, dialogue and sharing sessions in smaller circles to deepen our learning and solo and social time. We will practice with periods of silence to listen in a different way to what wants to unfold in you and us as a system together. There will be an exchange with Gregory of the permaculture garden at the center and Lama Rinchen (retreat master). Each day we will do a small job to contribute to the running and development of this retreat place.

"I am deeply impressed by you and your story. I feel it resonated with many more people, I think because you were hopeful and optimistic, but also dared to name painful facts. But especially because you created such a loving and safe setting, people could open up and connection could happen naturally; very beautiful!" Julia, participant

Practical details:

We will start on Wednesday June 9th around 17:00 and will finish after lunch on Sunday June 13th. The cost to participate in this retreat is €210,-. This includes a contribution to the trainers and the Buddhist retreat center. Kindly register via the [Registration form](#) **before 20th of May 2021**.

We warmly welcome all identities, genders, and bodies. We'll do an intake beforehand by telephone or zoom to get to know one another if you are new. If you have any questions, get in touch with [Maaïke](#) or [Annick](#).

Kindly book and pay for your accommodation with Samye Ling retreat center directly.

Samyé Ling Beaumont – Les Jardins de Méditation, Rue Fond des Gouttes 1, 6500 Beaumont, Belgium. www.kagyusamyeling.be Email : info@kagyusamyeling.be, Secrétariat : +32 (0)71 32 15

Total cost of lodging in tent, including 3 meals per day: €116,-

Total cost of lodging in dormitory (4 places available), including 3 meals per day: €136,-

About the facilitators

Annick Nevejan (MSc), trained originally as a community-based artist (MA DasArts), is a trainer, counselor and senior tutor for the Mindfulness Association UK and Europe. Her passion for the last 25 years has been exploring and facilitating personal and collective transformation processes, both in Amsterdam with her own company and abroad. Her work is based on an integration of Buddhist and Western psychology, neuroscience and the Theory of Living Human Systems.



Maaïke Boumans (MSc) is a host, a trainer and a spoken word poet. She has a background in strategic sustainability, authentic leadership and the art of hosting conversations that matter. She has been working in the field of social and ecological justice for the past 8 years. She is an Associate Fellow Spiritual Ecology at St. Ethelburga's Center for Reconciliation and Peace. She would love to meet you on this journey! www.maaïkeboumans.com

