

BUONAVITA – CALENDAR 2016

BuonaVita will be open from March to December, as we always spend some winter months in Gaia-Oasis in Bali, the “Islands of the Gods” (see www.gaia-oasis.com). This is another retreat-centre, Sabine had founded in 1998.



From December to February BuonaVita welcomes anyone who wants to follow some spiritual path and retreat here in the silence of the nature.

Do you want to share BuonaVita with us? Great, WELCOME!

Apart from choosing a program, you can just come and live with us the community life. We have only just started BuonaVita and our program is still flexible.

Seminars, beside the Avatar-Course, include the living, working & growing in mindfulness; like this the daily activity turns into a beneficial experience for the own personal growth and good to take home, too.

Daily program

Monday to Saturday (when no seminar, Sunday is free):

- 06:00 reading, learning and reflecting
- 07:00 meditation*²
- 7:30 a taste of yoga, walking meditation or similar
- 08:30 breakfast
- 09:00 daily work in mindfulness like cleaning, garden etc.

13:00	lunch and rest
15:00	daily work in mindfulness, also time for sessions
18:30	light dinner
19:30	evening program* or a film, music, singing or free time
21:00	feedback about the past day and evening meditation
22:00	Good night, blessed sleep!

*At 20:00, three evenings of the week we practise the following meetings:

- **Monday:** community building
- **Friday:** "tonal-meeting" (feedback about the last week and planning of the coming week),
- **Sunday:** Appreciation, opening mind and heart.

NB:

It is always possible to book an individual session or to ask for alternative Avatar-Course dates!

Seminar-Calendar 2016

March

- 11-13/3. Radical Forgiveness*⁵ – the end of victimhood
- 18-20/3. Meditation*², also guided, and "Rebirthing Breathwork"*⁶
- 26-28/3. EASTER – Sharing the good life (Buona Vita)*¹

April

- 01-03/4. Local Community building
- 08-10/4. Sharing la Buona Vita*¹
- 22/4-1/5. Avatar-Course, (see: www.buonavita.org/avatar_en.html)

May

- 22/4-1/5. Avatar-Course, (see: www.buonavita.org/avatar_en.html)
- 06-08/5. Sharing la Buona Vita*¹
- 13-29/5. Silent RETREAT, Meditating & teachings of the Buddha *²

June

- 03-05/6. Dive&Arise: To accept and transform oneself *⁷
- 10-12/6. Sharing la Buona Vita*¹
- 17-26/6. Avatar-Course, (see: www.buonavita.org/avatar_en.html)

July

- 01-03/7. Cerchio della Fiducia per ragazzi, Sandra Parolin (Italian language)

08-10/7. Community building, Sandra Parolin (da confermare) (Italian language)
15-17/7. Sharing la Buona Vita*¹
22-24/7. Silas, to live daily life with wisdom*³
29-31/7. Sharing la Buona Vita*¹

August

05-07/8. Sharing la Buona Vita*¹
12-15/8. **Ferragosto, Italian Celebration day, with family & friends**
19-28/8 Silent RETREAT, Meditating & teachings of the Buddha *²

September

02-04/9. Sharing la Buona Vita*¹
09-11/9. Cerchio della Fiducia for teenager and grown ups, Sandra Parolin (Italian language)
16-25/9. Avatar-Course, (see: www.buonavita.org/avatar_en.html)

October

30/9-2/10. Dive&Arise: To accept and transform oneself *⁷
07-09/10. Locale Community building (Italian language)
14-16/10. Sharing la Buona Vita*¹
21-23/10. Radical Forgiveness*⁵ – the end of victimhood
28-30/10. Sharing la Buona Vita*¹

November

04-06/11. Guided Meditation*²
11-13/11. Business Consulting, a path to success without stress
18-20/11. Sharing la Buona Vita*¹
25-27/11. Sharing la Buona Vita*¹

December

02-04/12. Guided Meditation*²
09-11/12. Sharing la Buona Vita*¹

Glossario:

*¹ Experiential introduction into the life at BuonaVita:

This is a weekend for all who want to know and understand better what we are doing here and what is possible. Here we don't have much fixed program but decide together according to the needs and wishes of everyone present. It's for example possible to learn about growing vegetables and flowers well, about wild healing herbs, healthy food and to cook Italian style, about Community Building, Yoga and what Buddha says about living a happy life.

*² Meditation – to get to know and free oneself:

We will study together the texts of the teachings of Buddha with explanations Paul Debes, Ajahn Chah and others, in order to understand and practice meditation better and to give us a foundation to live our lives more intentionally and eventually to arrive at infallible awakening.

*³ Silas

This word comes from the Pali language in which the Buddha's words were transcribed in early times. It means "behaviour", and is used for skilful behaviour, morality. The 5 silas are a reflection on a beneficial human behaviour in word and deed, which leads to peace, harmony and collaboration for everyone practicing them. Peace within as well as with the family and our environment. We would like to study the texts together with the clear explanations of Paul Debes and others as a basis to pursue a life-path in peace.

*⁴ The Radiant Heart

It is about the deep and practical teaching of the Buddha to reach Samadhi, a state of peace and happiness. Understanding and practising the teachings, using the explanations of Paul Debes and others, we transform our heart, our emotional body, which results in joy and lightness in daily life. We will be studying the speeches and use various exercises and concrete practices to purify our hearts.

*⁵ Radical Forgiveness

this is a highly transformative process, developed by Colin Tipping, which aims to improve and melt away old bitterness and pains, depression or resignation, different traps of victimhood. For the ceremony a minimum of 12 people is needed.

*⁶ Rebirthing Breathwork

This is a method developed by Leonard Orr with the goal of integrating the unconscious conditioning created, often through old painful experiences. With the full, conscious connected breathing; we witness what will turn up in our awareness. In this light of awakening we understand what had happened, and we can integrate the past and let it go. Relaxation, a sense of well-being and self-esteem can grow and bring insights. We will enrich the process with other methods of awareness.

*⁷ Dive&Arise

Many of us are blocking and sabotaging our life- and joy-energy in a profound way through unconscious conditionings. We know something is not going right, but we don't know why. Dive&Arise is a process, developed by Sabine, to dive into the unconscious and bring this conditioning to the surface, where it can easily be dissolved. You might re-live rejected and highly unloved parts inside yourself, which gives you understanding why things didn't work out before.. We might also use Yoga-Nidra, radical forgiveness, exercises for reconciliation or other methods to free ourselves from negative attitudes.

*⁸ Transformation: The great "Radical Forgiveness Ceremony" in combination with the "Creative Goal Management"

The ceremony is a profound process, developed by Colin Tipping, to reconcile with painful past experiences. So it is a clearing the air preparation to become more clear what truly makes your heart sing! Whether it is about your relationship, your profession - everything is possible if you have the proper techniques.

PROJECTS 2016

- Complete the heating system: integrate gas and solar
- Complete the new kitchen and dining room
- Complete the library
- Build a fountain

If you like you can participate in the realization of BuonaVita the with your hands-on contribution and / or donations!

More information on www.buonavita.org - or call us!

BuonaVita a tutti!
BuonaVita – a good life for everyone!

Francesco & Sabine



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