

Full Presence Mindfulness Retreat

Dates:**Public talk:**

Tuesday, April 24th, 20:00 hrs

Retreat: Tuesday, April 24th, 20:00 hrs -
Saturday, April 28th, 21:30 hrs

Workshop:

Sunday, April 29th, 15-18:00 hrs

Teacher: Jack Petranker**Language:** English; German translation provided**Prices:** Retreat: €430 incl. meals and workshop;
Public talk: Free admission
Workshop : €35**Lodging:**

Nyingma Zentrum Deutschland has a
limited number of beds available for €20
per person per night in double bedrooms.

Location: Nyingma Zentrum Deutschland
Siebachstrasse 66, Köln
Germany
Tel: +49 221-58 90 474**Information and registration:**

info@nyingmazentrum.de

This FPM retreat is the 8th international
TSK summer retreat Europe, organised by
NZD in collaboration with Nyingma Cen-
trum Nederland in Amsterdam and Center
for Creative Inquiry in Berkeley, California.

We are really happy to announce that Jack Petranker will present this Full Presence Mindfulness retreat in Nyingma Zentrum Deutschland. Jack Petranker has been a student and close collaborator of Tarthang Tulku Rinpoche for many years, and is a gifted international teacher in Dharma Studies, consciousness studies and the Time Space Knowledge vision. This five day retreat is required for trainees in the Full Presence Mindfulness Teacher Training. Students with a background in meditation, mindfulness and/or TSK are welcome to join, with consent of the instructor, to deepen their own practice. All are welcome to the public talk on Tuesday, April 24th and the workshop on Sunday, April 29th!

FAQ 1:

Can I attend the retreat if I have no experience with mindfulness or TSK?

If you are new to mindfulness or TSK, we welcome you to join the workshop on April 29th. The retreat is intended for Full Presence Mindfulness Teacher Training trainees. It is also open to students with a minimum of 1 year experience in mindfulness, meditation and/or TSK, or with consent from the teacher.

FAQ 2:

Is the retreat based on Buddhism?

Full Presence Mindfulness is all about free and open inquiry.

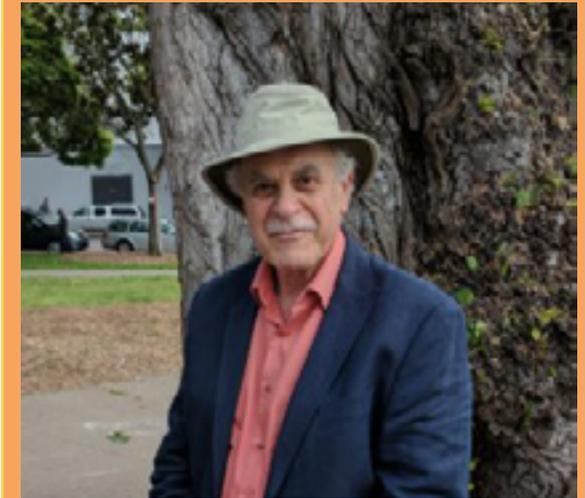
FAQ 3:

Is room and board included in the price?

Vegetarian meals are included in the retreat price. For non-locals the center has a limited number of beds available for €20 per person per night in double bedrooms.

FULL PRESENCE MINDFULNESS RETREAT

with Jack Petranker in Köln



Public Talk: April 24

**FPM Retreat:
April 24 - 28, 2018**

Workshop: April 29

NYINGMA ZENTRUM DEUTSCHLAND

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FULL PRESENCE MINDFULNESS 8th international TSK summer retreat Europe

Mindfulness training can be valuable for treating many difficulties in our stressed-out society, including anxiety, tension, and depression. It can also help people find more joy and appreciation in the simple, daily activities that make up our lives.

Yet mindfulness has the potential to offer much more. When we learn to be fully present to our own experience, we can discover and break through the habits and negative patterns that limit us. We can learn more about what it means to live life fully.

Full Presence Mindfulness (FPM) offers the same benefits as other forms of mindfulness training, but moves to a deeper level. FPM introduces a new vision of what it means to be fully engaged in life. It demonstrates how to inhabit many dimensions of experience at once. Approached through this new vision of reality, mindfulness practice can reach its full potential. The practitioner learns to inhabit all dimensions of their own being and can discover and break through the patterns that limit them.

By activating the FPM vision, you learn how to open up your own possibilities. This shift happens easily and naturally. This retreat provides a solid grounding, and you can explore further in an 8-week FPM program that will be offered online later this year. By simply tuning in to what is going on in each moment—starting with breathing, hearing, and seeing—you lay the foundation for a new way of being.



Retreat schedule

April 24th
20:00-21:15 Public talk; retreat participants will meet briefly after the talk.

April 25-28
07:00-08:00 Optional early morning Kum Nye
10:00-11:30 Session 1
12:00-13:30 Session 2
15:00-16:30 Session 3
17:00-18:30 Session 4
20:00-21:30 Session 5

April 29th
15:00-18:00 Workshop open to all; co-led by teachers in training.

Most sessions, except in the evenings, will be silent; we will decide together if meals are silent. Since this retreat is part of the teacher training, trainees will lead or co-lead some sessions, and there will be opportunities for feedback.

Full Presence Mindfulness retreat topics:

Can every moment be meaningful?

How can I be more fully alive?

Who is being mindful?

How can I awaken a deeper, embodied knowing?

What's beneath all the stories I tell and the judgments I make?

How do I touch my own real integrity?



Jack Petranker is Director of Center for Creative Inquiry and Mangalam Research Center and former Dean of the Tibetan Nyingma Institute. A student of Tarthang Tulku since 1980, he holds degrees from Stanford, Yale, and University of California, Berkeley, and is author of *When It Rains, Does Space Get Wet?*