



The Balance Between: Doing & Being

Part 3 in the Restoring Balance Series

May 18-22 and November 2-6

The aim of this retreat is to learn how to be present—and how to remain present while actively engaged in daily tasks. This is where being and doing come into balance. We explore this balance by deepening three inner resources: awareness, concentration, and energy.

Through opening the senses and connecting breath and body, you learn how to stay present during activity. We cultivate a “Mind at Ease” in the midst of action—learning how doing itself can become the path to ease, and what positive effects this brings.

You apply these insights directly by supporting the daily routines at the World Peace Stupa Center or by spending time on your own daily (online) work.

Note: we advise spending no more than 90 minutes on your daily work. You are on retreat, not at work.