

# Cultivating a Benevolent & Friendly Heart

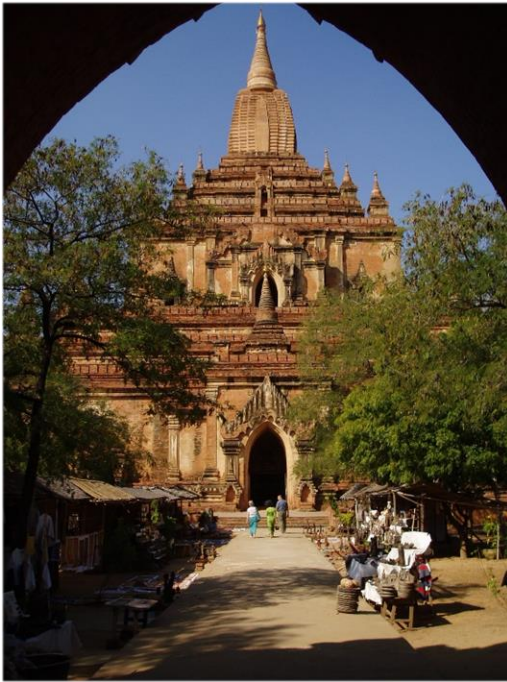
## Metta Retreats at Karunahaus, Switzerland

### with Ayya Virañāṇi and Ariya Baumann

Ten-day Intensive Metta Retreat: 1 – 10 April, 2021

Easter Retreat option: 1 – 5 April, 2021

Course language is English (German summaries available if necessary)

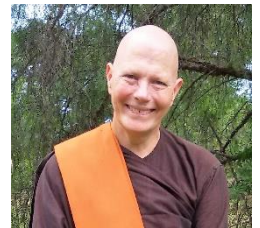


The practice of loving-kindness develops a loving, benevolent, and friendly attitude towards all living beings. Since the time of the Buddha, this form of meditation has been used as a practice in itself, and as a support for the development and deepening of insight.

In this retreat, we will explore the beautiful spirit of *mettā* in both formal practice and in daily activities, as well as with *mettā* chants. Ayya Virañāṇi and Ariya Baumann will bring the traditional teachings of loving-kindness from Burma to the Toggenburg.

This retreat is suitable for both beginners and experienced meditators.

**Ayya Virañāṇi** began to practice meditation in 1979, as a scientist and conservation biologist in Hawai'i and New Zealand. In the mid-1990s, she began to practice intensively, and in 2003 took novice ordination in the Burmese lineage of Mahasi Sayadaw. She took permanent ordination in Burma with Sayadaw U Pandita on New Year 2006, and now mostly resides at the Chanmyay Myaing Meditation Centre North of Yangon. She was one of the editors (for Pali and English) of the translation from the Burmese of Mahasi Sayadaw's *Manual of Insight* published by Wisdom Publications. She teaches *mettā* and *vipassanā* meditation retreats worldwide.



**Ariya Baumann** was a Buddhist nun from 1992 until 2013. She ordained and practiced *vipassanā* and *mettā* meditation under the guidance of Sayadaw U Janaka in Burma. After years of intensive practice, she began to translate for the Burmese teachers and to teach herself. Today she guides *vipassanā* and *mettā* meditation retreats worldwide in which *mettā* chants are an important part of cultivating a friendly and benevolent heart & mind. Among the books she has translated from the Burmese into German and English are Mahasi Sayadaw's *'The Manual of Insight'* and Sayadaw U Indaka's *'Mettā'* and *'Bojjhaṅga'* (about the factors of awakening). [www.vipassana-metta.com](http://www.vipassana-metta.com)



In 2008, Ayya Virañāṇi and Ariya Baumann co-founded *Mettā In Action*, a group devoted to supporting the people of Burma through yearly offerings to nunneries, schools, clinics, and villagers.

For registration and information please contact Karunahaus at:

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