



DYNAMIC SPACE OF THE ELEMENTS
PRESENT:

KNOW YOURSELF

EMPTINESS & AWARENESS / 3 DAY MEDITATION REATREAT

28/29/30/AUGUST/2026

MERIGAR - ITALY

“Who am I?”

This is a question that strikes directly at the heart. For anyone exploring inner awakening, the nature of life, or the ultimate meaning of existence, it is an unavoidable inquiry.

To investigate the “self” is not a casual philosophical game, but a journey into seeing how all misunderstandings rooted in the ego become projected outward and extended into samsara - the endless cycle of confusion and suffering repeated lifetime after lifetime. Only when the dream is seen through can the suffering within it naturally dissolve.

In this retreat, we will explore the truth of the self together. Through meditation, painting, seated Zen practice, movement, deep listening, and other multidimensional exercises, we will uncover more of life’s hidden mysteries. This is not a rigid or conventional meditation retreat - everything unfolds in a spirit of playfulness, vitality, and inspiration.

COURSE DATES:

28/29/30/August/2026

Morning Session

Afternoon Session

28th: 10:00 - 13:00 / 15:30 - 18:30

29th: 10:00 - 13:00 / 15:30 - 18:30

30th: 10:00 - 13:00 / 15:30 - 18:30

COURSE FEE: 300 €

(Includes tea breaks and use of painting materials)

LOCATION:

Italy - Merigar Gönpa

REGISTRATIONS:

dynamicelements@yahoo.com

