

‘Gladdening the Heart’

The 5th annual Samadhi and Jhana retreat (Online)

3 Jan 2025 - 9 Jan 2025

The retreat will start on Friday 3rd Jan. 2025 at 17:30 EET (Finland / Israel time zone), which is 15:30 GMT. You can check the time of the starting meeting [Where you are](#)

This year, members of the ‘Gladdening the heart’ sangha (see details below) are offering a week-long sangha-led *pre-retreat* starting Friday 27 Dec. 2024 to Fri 3 Jan 2025. If you wish to join please sign up on this document:

https://docs.google.com/document/d/15DypdT_afPMwshYsmEjoKUtkA86CfKxE-7AglDyzhoY/edit?usp=sharing or email GTH_sangha@proton.me

About the retreat:

Deepen Your Samadhi and Jhana Practice

Having practiced under the guidance of Rob Burbea, we’ve discovered the profound beauty and transformative power of Samadhi and Jhana. We invite you, who already have some familiarity with these practices and want to explore their subtle, delicate beauty further, to join us for a dedicated week of practice.

During the retreat, we’ll explore the beauty and benefits of Jhana practice, and its connection to wisdom practices like understanding dependent arising and emptiness. You’ll receive personalised support to enhance your skills and insights, and have the opportunity to practice together with others who share your love and interest for the jhanas.

This year, we are offering an additional line of optional teachings for those who have been practicing with Jhanas with us for some time. These teachings will be offered during the scheduled afternoon teaching period in parallel groups.

Retreat structure and supports

The retreat offers an open structure, allowing each meditator to tailor their practice to their individual needs and rhythms. Meditators are expected to support themselves on their personal retreat

To support your practice, the teachers will offer:

- **Personalised Guidance:** Two 30 min. One-on-one meetings with a teacher to discuss your practice, address challenges, and explore new insights.
- **Daily Dharma Teachings:** In-depth explorations of Samadhi and Jhana practice. For returning retreatants, we'll offer parallel sessions this year to delve deeper.
- **Shared Practice Space:** An open Zoom hall for silent, shared practice.

If this is your first time on the GtH Samadhi and Jhana retreat, please note that it strongly relies on one's own practice and structure.

Retreat Commitment:

To fully benefit from this retreat, we encourage you to dedicate all your time this week to exploring Samadhi and Jhana. If a full retreat participation is not possible, please mention this in your registration form. If you need to balance practice with other activities at home, we invite you to explore the combination of intensive practice and daily life.

We ask for a commitment of at least seven hours of daily silent practice. This may include sitting, walking, movement practice, Dharma talks, one-on-one meetings, and reviewing past teachings from Rob's from the Jhana retreat in 2019 or from previous year's Gladdening the Heart retreats.

Prerequisites:

- **Having a base practice:** A meditation practice that you are familiar with, that is available for you in your own practice, and that you know can support an arising of wellbeing.
- **Retreat Experience:** At least three week-long retreats.
- **Familiarity with Rob Burbea's teachings:** some familiarity with Rob's samadhi and Jhana teachings, and experience in practicing them.
- **Commitment to Practice:** Having interest in developing this practice for the duration of the retreat.

Pre-Retreat Preparation

To maximize the benefits of this retreat, we encourage you to:

Increase your daily practice time in the days leading up to the retreat.

Join the sangha-led Pre-Retreat: Members of the Gladdening the Heart sangha are offering a week-long pre-retreat from Friday, December 27, 2024, to Friday, January 3, 2025. (details at the top of this document)

Listen to Rob Burbea's talks (links provided) to prepare for the teachings and practices.

Review teachings from the 2019 Jhana Retreat for additional insights.

You are also kindly requested to listen to the following Rob's talks before the retreat:

1. [An Introduction to the Jhanas](#)
2. [Attitude, Effort, Achievement, and View](#)
3. [True to Your Deepest Desires \(Talk and Short Guided Meditation\)](#)
4. [Developing Piti, Developing Focus, Developing Wellbeing](#)
5. [First Jhana and work and play in each Jhana](#)
6. [A Hidden Treasure: The Relationship with the Hindrances](#)

About the teachers and the Jhana group

Yahel Avigur is a devoted meditator and Dharma teacher. In 2013, after practicing in Theravada and Insight Meditation traditions, he met the Dharma teacher Rob Burbea and became his student. He was encouraged by Rob to teach the path of Emptiness to its depth; his unique approach to the Jhana practice; and to train in teaching Soulmaking Dharma. Yahel is also trained in the Hakomi approach of assisted self study.

Sari Markkanen has practiced Insight meditation dedicatedly for over 15 years and spent extended time on retreats in the UK in Gaia House, in Finland and in monasteries in Thailand. She completed her teacher training guided by Rob Burbea, Martine Batchelor and Caroline Jones. Sari has a deep love for Jhana and emptiness practices as taught by Rob Burbea. She has been sharing dharma in her sangha for 10 years now, and apart from emptiness and Jhanas is inspired to explore brahmaviharas creatively, dialogue practices, engaged dharma and bringing Rob's "ways of looking dharma" into all areas of life like parenting. Earlier Sari has taught secular mindfulness (MBSR), mindful self-compassion and mindfulness in schools, and has written two books about mindfulness, kindness and compassion practices for children..

The 'gladdening the heart on the path of Jhana' group

This retreat is supported by members of the 'Gladdening the Heart' group, who meet weekly to practice and share aspects of samadhi and Jhana practice as taught by Rob Burbea. Those with experience in these practices are welcome to join the group before or after the retreat. You can find more about what is offered in this link:

<https://docs.google.com/document/d/1lvr29nZaOxrizC3IAUE9dkrE0NdrSzM2c1XNkA9tk3k/edit#heading=h.if3i8rk86jaq>

Registration

You are welcome to apply to the retreat in this [registration form](#)

Starting from Nov 29, registration is for the waiting list only

We will consider applications according to suitability and date of application. We will respond to applications received by November 15th on that date, and to applications received after November 15th on December 1st.

Retreat details (more details to follow nearer the time)

Below is the Zoom link for our **opening session** and the **daily dharma talks** with the teachers. It will also be our **24-hour dharma hall** where we can sit quietly together:

Dharma Hall Zoom meeting room is 'GTH retreat Jan.2025':

<https://us06web.zoom.us/j/82807664399?pwd=Gvkd7zu2PM8JhTWicCzPyZo5dGUbmi.1>

Meeting ID: 828 0766 4399

Passcode: jhana

There will be 30 min. one-on-one meetings with the teachers, held in different zoom meeting spaces. Please double-check that you have received the email invite for your interview times. Please arrive a couple of minutes earlier. You will be in the waiting room and the teacher will let you in the meeting soon.

Yahel's Zoom meeting room is:

<https://us02web.zoom.us/j/5910198630> Meeting ID: 591 0198 630

(Please DONT use old meeting ID: <https://us02web.zoom.us/j/86522383934> 865 2238 3934)

Sari's Zoom meeting room is:

<https://us02web.zoom.us/j/5492807136> Meeting ID: 549 2807 136

Schedule

The table below shows the times of the **daily dharma talk** at different time zones:

EET (Fin. / Israel)	CET (W. Eur)	WET (UK)	ET (Eastern Canada & US)	MST (Mountain Time)	PT (Western Canada & US)
UTC + 2	UTC + 1	UTC	UTC - 5	UTC - 7	UTC - 8
17:30 - 18:50	16:30 - 17:50	15:30 - 16:50	10:30 - 11:50	8:30 - 9:50	7:30 - 8:50

Recordings

You are welcome to listen to the recordings during the retreat here:

You are welcome to listen to the recordings during the retreat here:

https://drive.google.com/drive/folders/1qLipNwY6cnE6a2IZheW7k_04pQWZzTRm?usp=drive_li
[nk](#)

Notes for the teachers during the retreat:

<https://docs.google.com/forms/d/e/1FAIpQLScI4fowpBQqz4yoKBPbSPly2Lj-J46A-yEciMDL2PiD0uSvHQ/viewform?usp=dialog>

Dana

This retreat is offered in the tradition of Dana. This means that you are welcome to join the retreat whatever your ability to support it financially, and what you offer will be treated as an act of generosity and support. We do ask you to consider with care what is possible for

you to give, knowing that the teachers rely on Dana to support their living so that they will be able to continue teaching this way.

We ask that you will split the Dana equally between the teachers.

Dana for Yahel

The best way is to give Dana through Paypal:

<https://www.paypal.com/paypalme/yahelavigur>

If Paypal is not an option, it's possible to give through banking systems and other ways, using the details here:

https://docs.google.com/document/d/1_LQsNIvwnEPbk7iGsGfyq1BfEaOUFcHtrKreC_Fecl4/edit

Dana for Sari

This retreat is offered in the tradition of Dana. This means that you are welcome to join the retreat whatever your ability to support it financially, and what you offer will be treated as an act of generosity and support. We do ask you to consider with care what is possible for you to give,

PayPal:

<https://www.paypal.com/paypalme/Saridana>

sari.a.markkanen@gmail.com

Wise or Bank account transfers:

Nordea bank

Account number FI2312703500031047

SWIFT/BIC NDEAFIHH

Mobilepay (for Finns) 0504140252

Heartfelt thank you for your generosity