

## Guidance of individual practice:

There is the possibility for individual guidance in person according to the contents of this website inform of meetings and individual retreats with personal counselling. Online sessions are not offered. More information [info@cetovimutti-theravada.org](mailto:info@cetovimutti-theravada.org)

This offer is only for people who have already decided to follow the Buddhist path of insight and wish to follow a religious path of inner liberation, and who have meditation experience in retreats and wish to be guided according to the contents of this website. There should be daily time for dhamma practice of at least 2 hours of formal meditation and practice of sammā sati and the Brahmavihārā in daily life. Life should be focused on the inner path of liberation and not on worldly success. This offer is not for beginners, curious ones, undecided ones, seekers to try out. For this purpose, the Buddhist seminar houses in Germany, such as Haus der Stille in Roseburg or Waldhaus am Laacher See, offer a wide range of courses. This offer is also not suitable for people who want to use Dhamma practice for worldly success, as well as for people who teach other spiritual techniques (yoga, MBSR etc.).

