

Standing at the Edge

Finding Freedom Where Fear and Courage Meet

with **Flint Sparks**
Zen priest

Retreat in the Swiss Alps
September 26 -30, 2018



*Out beyond ideas of right and wrong
There is a field.
I'll meet you there.*

*The breeze at dawn has secrets to tell you.
Don't go back to sleep.
You must ask for what you really want.
Don't go back to sleep.*

*People are going back and forth across the doorsill
Where the two worlds touch.
The door is round and open.
Don't go back to sleep.
Rumi*

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Zen teacher Joan Halifax has identified five psychological territories she calls Edge States—altruism, empathy, integrity, respect, and engagement—that epitomize strength of character. Yet each of these states can also be the cause of personal and social suffering.

In this way, these five psychological experiences form edges, and it is only when we stand at these edges that we become open to the full range of our human experience and discover who we really are.

This retreat will be an evocative examination of how we can respond to suffering, live our fullest lives, and remain open, inhabiting the space where fear and courage meet.

Translation

Although Flint's primary language is English, French translation will be available.

Costs

Retreat Fee: CHF 550.-

Price of accommodation for 4 nights, full board with organic food (per person):

- A. In a room for 3 or 4: 360.- CHF
- B. In a room for two: 460.- CHF
- C. In a single room: 710.- CHF

payable on arrival.

Retreat limited to 25 participants

Venue

Hôtel Beau-Site
CH - 1927 Chemin Dessus
Tel. +41 27 722 81 64
www.chemin.ch

Time

Arrival at Hôtel Beau-Site,
Chemin Dessus (Martigny)
on Wednesday the 26th of September
before 5 p.m.

The retreat will start with the evening meal on the 26th and will end on Sunday the 30rd around 4 p.m.

Contact

Sophie Cattier
41, rue de la Tour
1004 Lausanne
Switzerland

Tel. +41 79 226 48 31
e-mail: sophie@sophiecattier.com

Booking before August 10th, 2018

Please submit your registration by mail or email and include the full fee payment of 550.- CHF

e-Banking

Raiffeisen Bank
CH - 1860 Aigle
Sophie Cattier
IBAN: CH42 8044 7000 0071 0935 9
BIC SWIFT: RAIFCH22
Clearing (NCB): 80447
Reference: "Retraite Flint 2018"

For international participants please contact Sophie for payment details in your currency.

If you need financial support, you can apply, knowing that it is not always possible.

Lodging and food to be paid on day of arrival. The hotel does accept payment by credit cards.

With care
Sophie Cattier

Please send us the following information in your registration email:

Name:

Surname:

Street

Postal Code / City:

Telephone:

e-mail:

Accommodation: A | B | C

Diet type:

Sex: woman | man

www.sophiecattier.com