

Spiritual Cultivation Retreat

Cultivate your
spiritual faculties
towards freedom!

3 - 11 June 2017

SBS Retreat Centre

Taiping, Perak, Malaysia

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Instructor

Kumāra Bhikkhu

Profile: <http://tiny.cc/kumara>

Application

<http://tiny.cc/scr-sbs-2017>

Close on **20 May 2017**

We are taught how to apply Dhamma to resolve our individual specific problems. This is so much more than getting theoretical knowledge. We learn practical skills that will have an impact on our lives when we go home. **NG KIM LEONG**

Various practical approaches in handling problems were outlined systematically. The ways you answer question help in developing an inquiring mind. **LO YA YEING**

I've learned about Buddhism for about 12 years now, attending countless dharma talks, many meditation sessions, and 2 retreats before this. For the first time, everything "clicks". **SHIE HAUR**

I feel great joy in the practice. I will not quit practising. **YEOH ZI YI**

Before this, the four noble truth and noble eightfold path are textbook knowledge to me. These have become more relevant and practical after I understand what meditation is about.

LIM KA YIN

The retreat has supported my well being and transformation over the years. I see my life has changed for the better. I'm keen to keep up the momentum. *(After another retreat)* The practice is really possible & has borne results! I'm ever grateful. **LAM MEI CHOO**