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**SAT CHIT ANAND,
PLETTENBERG BAY, WESTERN CAPE**

www.satchitanand.co.za 044-533-0453

An upmarket urban setting with luxurious self-catering cottages for weekend Buddhists.

DEGREE OF SILENCE Silence starts in the evening after supper and lasts until lunchtime the next day, with room for discussions and questions in the afternoons.

TRADEMARK PRACTICES Three meditation practices are taught: mindfulness meditation, the most popular Buddhist meditation; Shamatha, a calm, abiding meditation that aims to calm your mind until it becomes clearer – ‘until thoughts settle like sediment in a glass of water’; and Vipassana or insight meditation, which takes you deeper into the mind to gain insights and, ultimately, wisdom and enlightenment. ►

horizons

LENGTH OF RETREATS Mostly weekend retreats from Friday to Sunday evenings. Many retreatists arrive a day or two early or stay on afterwards to enjoy the setting.

EFFECTIVENESS 5/10. You can achieve a lot over a weekend but must practise afterwards.

HARDSHIP LEVEL 4/10. The longest you’ll sit is half an hour, then you walk for half an hour and return for another half hour of sitting. ‘It’s about lightness, joy, relief and seeing how wonderful meditation is,’ says owner and teacher, Leela.

COMFORT LEVEL 10/10. It’s in Plett, for crying out! And the cottages are used for top-dollar holiday rentals over summer holidays. For retreats you may have to share, but that’s part of the experience, says Leela. Groups are usually up to 15 with 10 accommodated on site.

COST R350–R450 per night for a cottage.

TESTIMONIAL ‘When you turn off all speech a rich world, often powerfully, opens up to you. You become more aware of the life forces around you and more in tune with yourself. It’s a nurturing space where you listen to your inner currents. I feel more connected to the world afterwards.’ – Marlene Rossouw, retreatist.