



# *Elegant Simplicity*

A three-day, two-night residential retreat  
with Satish Kumar and fellow facilitators

27-29 OCTOBER 2023

**'Simple living is skillful living. Simplicity of thought and mind.'**

- *Elegant Simplicity, Satish Kumar*

**J**oin Satish Kumar and his fellow facilitators for a rare and transformative residential retreat on ‘Elegant Simplicity’, a continuation of the launch of the traditional Chinese language version of his book. Satish sees the world through the lens of simplicity, based on his rich, lifelong experiences as a monk, Gandhian activist, eco-philosopher, educator and spiritual teacher.

To achieve a state of elegant simplicity, Satish advises us **“to cultivate the simplicity of spirit, the simplicity of mind.”** Thus, this retreat, led by Satish himself, collaborating with other, well-known facilitators, offers a unique opportunity to allow us to construct a spiritual life of inner and outer simplicity.

During the three-day retreat, you have the opportunity to connect with the Earth and cultivate a deep sense of gratitude through connecting with the soil and harvesting love from nature with Satish and our fellow facilitators. Satish will lead a series of interactive workshops, meditation and contemplation sessions and spending special time in nature, while our facilitators will offer breathwork ceremony, tea ceremony and astrology workshop etc. These will lead us to transform and explore the power of simplicity and harmonious living. You will also participate in activities such as cooking together, where you can learn about the importance of mindful consumption and the art of living simply. Yet, these are only parts of the many chapters of the retreat.

This retreat is held in an intimate and supportive environment, within the beautiful surroundings of Kadoorie Centre and Kadoorie Farm and Botanic Garden, where you can connect with like-minded individuals and share your own insights and experiences.

Date:	27 <sup>th</sup> -29 <sup>th</sup> October, 2023 (Friday - Sunday)
Teacher & Facilitators:	Satish Kumar and fellow facilitators
Venue:	Kadoorie Farm and Botanic Garden & Kadoorie Centre
Language:	English
Fee:	Course Fee HK\$3,850 + Accommodation Fee (Depends on the room type)
Application:	Apply via KFBG website on or before 17 October 2023 (Tue)



Teacher:  
Satish Kumar

