

Summer retreat

9-16 August - 2026

Radha Nicholson in Sweden



3 juveler insight sweden
IDELL FÖRENING FÖR BUDDHA DHARMA SANGHA



Radha teaches the liberation of the heart through inquiry and insight

This silent Insight Meditation Retreat will focus on the liberating teachings of the Buddha. Through inquiry and non-clinging awareness the immeasurable nature of the heart-mind is revealed.

This silent retreat will offer instructions in mindfulness meditation in the four postures, dharma talks, inquiry sessions and interviews with the teachers.

We are delighted to welcome Radha from Australia for the coming Summer for a full week silent retreat.

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Teachers

Radha is a Senior Dharma Teacher in the Insight Meditation Tradition with a practice of over 45 years and has been teaching internationally and in Australia for more than 20 years. She is the guiding teacher for Bay Insight Meditation in Byron Bay and teaches at Sangsurya Meditation Center. She also teaches regularly by invitation in India, Germany and Israel and has been a guest teacher in the UK, California and New Zealand, as well as The Wat Thai Monastery in Bodhgaya India. She is a registered psychologist and has retired from private practice, her special areas were anxiety, depression, trauma and substance abuse disorders.

Read more about Radha: <https://radhanicholson.com/about-radha/>

Kali has been practicing meditation extensively in the East and west with many teachers, her longest silent retreat was 6 months at Gaia House in the UK. She has been teaching meditation in the Insight tradition since the late 90s, mainly in Sweden but occasionally in India, both on her own and with other teachers. She has a degree in Psychotherapy and Expressive Arts and is the author of three books. Presently she is the guiding teacher for 3juveler Insight Sweden. Kali, (Franciska von Koch) will be co-teaching with Radha in Sweden.

Website: <http://www.franciskavonkoch.info>

Dana

We keep as low prices as possible

The teachers and organizers/cooks do not receive any payment for their services but offer them freely on a Dana (donation) basis in accordance with the tradition. This principle of generosity is very central to the teachings of the Buddha and has made it possible to continue the practice of meditation still 2600 years after his life. Retreat participants may support the teachers and organizers/cooks by donations at the end of the retreat.

The location will be at Rasbo outside Uppsala 80 km from Stockholm and easily accessed by train (or bus from the Airport). Please read the registration policy below and don't hesitate to contact the manager Lotta Ekelund at 3juveler@gmail.com with any questions.

Registration and cancellation policy

Costs include room and board for 7 nights

Double room: 4600 SEK

Single room: 5200 SEK

Tent: 3700 SEK

- 1. Reserve your spot** by sending an email with name and phone to 3juveler@gmail.com (Fill in what kind of room you request, we have a limited number of single rooms)
- 2. Deposit 1000 sek** to Plusgiro Account nr 40 49 28 - 4
From abroad you need IBANSE10 9500 0099 6042 0404 9284
- 3. You will receive** a confirmation as soon as we have your deposit, which is nonrefundable after 1 st of April.
- 4. The balance** of payment is required by 1 th of June and then it is nonrefundable.
If you become sick and have a doctors certificate you get 50% of your your payment back.