

# Ten Day Meditation Retreat

From 7:00pm Friday 14 August to 4pm Sunday 23 August  
(9:00am to 9:00pm from 15 to 22 August inclusive)

with Ven. Dr. Ottaranyāna  
(Insight meditation)

Participants may come for the whole ten days, the weekend or single days.  
Please sign below stating which days you wish to attend and provide a contact telephone number.  
Completed forms should be returned to Dr Ottaranyana, 29 Osler St., Ladywood, Birmingham B16 9EU  
or emailed to ottama2000@yahoo.co.uk.

Meals will be provided so that all yogis can eat a communal meal together.

There will be no charge for the course but any donations made would help towards food expenses and the upkeep of your vihara. Residency may be available for participants attending from outside the West Midlands region.

## Volunteers Needed

If you wish to provide lunch for the yogis attending or volunteer for cooking duties please sign the form below indicating the relevant dates, again please provide a contact number.

Name	Dates Attending Retreat	Lunch Dates and/or Volunteer Days	Contact Telephone Number

***For further details contact Birmingham Buddhist Vihara on 0121 454 6591  
or email [ottama2000@yahoo.co.uk](mailto:ottama2000@yahoo.co.uk)***