

# *Easter Meditation Retreat*

## *Birmingham Buddhist Vihara*

**From 9am Friday 10<sup>th</sup> April 2020 to 4pm Monday 13<sup>rd</sup> April 2020**  
with Ven. Dr. Ottaranyāna (Metta Bāvanā Meditation)



- *Participants may come for the whole four days, the weekend or single days.*
- *Please sign below stating which days you wish to attend and provide a contact telephone number.*
- *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.*

Name	Dates Attending Retreat	Address	Contact Telephone Number

May you all be happy and practice Buddha Dhamma. You can also donate lunch for both Sangha and meditators if you wish to.

*For further details please contact Birmingham Buddhist Vihara on 0121 454 6591 or email [venuttaranyana@gmail.com](mailto:venuttaranyana@gmail.com)*