

Tendays Meditation Retreat

From 7pm Friday 17th August to 4pm Sunday 26nd August
with Ven. Dr. Ottaranyāna (Abhidhamma/Vipassana 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.*

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

*For further details contact Birmingham Buddhist Vihara on 0121 454 6591 or email
venuttaranyana@gmail.com*