Ten Day Meditation Retreat

From 7:30pm Friday 16th August to 4pm Sunday 25th August
(9:00am to 9:00pm from 17th to 25th 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.
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