



The Invitation to the Meditation Retreat

DIBBA-VIHĀRA

The Basic Tranquillity Meditation Techniques



5. 7. – 14. 7. 2007

The Instructors

Venerable Āyukusala Thera, the supervisor of the instructors

Zdeněk Trávníček, MA, a religionist, a disciple of Ven. Āyukusala Thera

Dr. Roman Hytych, a psychologist, a disciple of Ven. Āyukusala Thera

The Retreat Programme

The course is focused on the practice of various tranquillity meditation methods (*samatha*). Apart from the basic techniques such as mindfulness of in- and out-breathing meditation (*ānāpāna-sati*), walking meditation (*caṅkamaṇa*) and loving-kindness meditation (*mettā-bhāvanā*) the participants will acquaint themselves with the coloured discs (*kaṣiṇā*) and the element *kaṣiṇā*. The tranquillity meditation brings a temporary purification of the mind, it develops its faculties (*indriyā*) and, as a result, it prepares the mind for a better progress in insight meditation.

More at <http://www.ayukusala.org/>

The Location

„Doubravka“ - it is an up-to-date recreation centre at a secluded place in Zelezne Mountains, 4 km from the town Chotebor (approximately 120 km south-east from Prague), accommodation mainly in four bed bedrooms, vegetarian board.

More at <http://www.chatadoubravka.cz/>

Participant's fee: 200 EUR

This fee includes full board and lodging and administrative expenses inclusive of full board and lodging of instructors and the retreat manager. Please make the payment into the organizer's bank account **by 5th May 2007**.

The account number (IBAN):

CZ02 0300 0000 0002 00843 3790

The account name: BODHI BRNO -

Address: CSOB, Na Prikope 14, Praha 1,CZ -

SWIFT: CEKOCZPP

Please add a code number that contains your date of birth so that we can identify your payment.

Cancellation fees: 50 % if cancelled by 15th June 2007, later cancellation 100 %

Please send your application either by post or by e-mail to the organizer. After receiving your application we will send you the information about the retreat programme, the map and the information about the most suitable form of transport (in case you do not travel by car).

Address: Bodhi Brno, Zelny trh 12, 602 00 Brno, Czech Republic, e-mail: rejdakova.alena@seznam.cz, mobile phone: +420 724 796 632 (Ms. Alena Rejdakova)

Application Form - Meditation Course Dibba-Vihāra (5. 7. – 14. 7. 2007)

First name and surname

Address (including postal code)

E-mail.....Phone number.....Date of birth