



a non-profit organization
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Invitation to the intensive meditation retreats

Satipatthāna - Vipassanā

mindfulness and insight meditation

Retreat 1
20th July - 2nd August 2008

Instructors:
Venerable Ayukusala Thera
Roman Hytych

Retreat 2
3rd – 16th August 2008

Instructors:
Venerable Ayukusala Thera
Ivana Loučková

Retreat programme

This traditional retreat focuses on the intensive practise of the mindfulness and insight meditation (*satipatthāna-vipassanā*). It is recommended to attend at least one weekend meditation retreat before you apply for this intensive meditation retreat. In case you do not have such an experience, you should discuss your participation with your meditation teacher and ask for a reference. It is possible to take part in both retreats and to meditate for four weeks.

Location

„Mosty v lukách“ - it is a comfortable recreation centre at the edge of a small village Loučka, not far from the city Olomouc. Accommodation mainly in four bed bedrooms, vegetarian board.
www.os-luka.com

Participation fee: € 350

This fee includes accommodation, full board and the administrative expenses. The instruction of the Buddha's Teaching (*Dhamma*) is a gift given by the teachers. Therefore, an additional donation is recommended. Please make a payment in this bank account by 5th May 2008 at the latest.

The account number (IBAN):
CZ93 0300 0000 000206177055
The account name: Dhammarama
Address: CSOB, Na Prikope 14, 779 00
Praha 1, CZ
SWIFT: CEKOCZPP

In case of a cancellation you will be charged following: by 21 days before the beginning of the course 50 % of the fee, after that date 100 %.

The application

Please send your application (as specified below) to this e-mail address:
rejdakova.alena@seznam.cz
mobile phone: +420 724 796 632
(Ms. Alena Rejdakova)

After we receive your application, we will send you the information about the programme and the most suitable way of transport.

more info: www.dhammarama.eu

An application for a Satipatthana–Vipassana retreat

Name.....

Address

Phone number

E-mail

I apply for this retreat: (1, 2 or both)