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## DHAMMĀRAMA

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The Invitation to the Meditation Retreat

# Dibba-Vihāra

The Basic Tranquility Meditation Techniques

2<sup>th</sup> – 11<sup>th</sup> July 2010

The Instructors:

Venerable Āyukusala Thera, Zdeněk Trávníček, Roman Hytych

### 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 (*cankamana*) and loving-kindness meditation (*mettā-bhāvanā*) the participants will acquaint themselves with the coloured discs (*kasinā*) and the element *kasinā*. 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 [www.ayukusala.org](http://www.ayukusala.org)  
[www.dhammarama.eu](http://www.dhammarama.eu)

### 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.

### Participation fee: € 250

This fee includes full board and lodging and administrative expenses. The instruction of the Buddha's Teaching is a gift given by the teachers. Therefore, an additional donation is recommended. Because our bank account is not capable of accepting the payments from abroad, you will be asked to pay in cash as soon as you come to the retreat. Thank you.

### Application

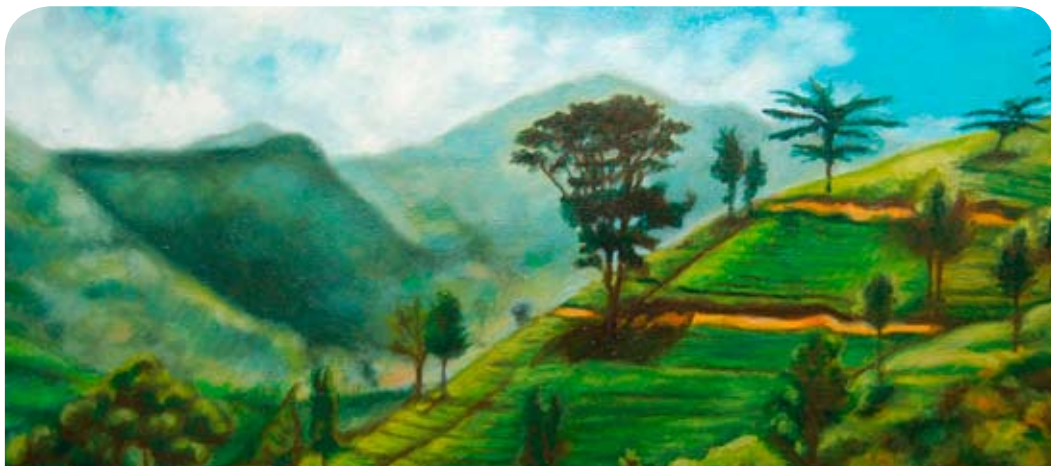
You can apply for the retreat by June 20th 2010, preferably using the form at web page [www.dhammarama.eu](http://www.dhammarama.eu). If there is any problem, please send an e-mail to the organizer.

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(Ms. Alena Rejdáková)

After we receive your application we will send you the detailed information about the retreat.



The author of this painting inspired by his stay in Sri Lanka is a former Ayukusala monk and a painter Josef Vörös.

[www.galerie-voros.cz](http://www.galerie-voros.cz)