



DHAMMĀRĀMA

občanské sdružení Dhammārāma
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Dibba-Vihāra

The Basic Tranquility Meditation Techniques

20/7 –29/7 2012

Meditation teacher: **Mgr. Zdeněk Trávníček, Ph.D.**

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
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.

<http://www.os-luka.com>

Application

You can apply for the retreat by June 26th 2012, preferably using the form at web page <http://www.dhammarama.eu/buddhism/application-meditation-retreat.html>. If there is any problem, please send an e-mail to the organizer, Pavel Dymáček, pavel.dymacek@seznam.cz, tel.: +420 721 349 486

Participation fee

250 EU

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.

