



DHAMMĀRĀMA

občanské sdružení Dhammārāma
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The painting was painted
by Josef Vörös.
www.galerie-voros.cz

Satipatthāna - Vipassanā

mindfulness and insight meditation

retreat 1

29/7 – 11/8 2012

Meditation teacher:
PhDr. Roman Hytych, Ph.D.

*(instruction, Dhamma talks and
interviews in English)*

retreat 2

11/8 – 24/8 2012

Meditation teacher:
doc. RNDr. Ivana Loučková, CSc.

*(meditation instruction in English,
Dhamma talks and interviews only in
Czech)*

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.

Application

You can apply for the retreat by June 26th 2012 at Dhammarama 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

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

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

EU 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. You will be asked to pay in cash as soon as you come to the retreat. Our bank account is still not capable of accepting payments from abroad. Thank you.