



Tathagata Meditation Center

1215 Lucretia Ave, San Jose CA 95122 Tel: (408) 294-4536 Website: www.tathagata.org

A Special Vipassana Meditation Retreat Under the Guidance of Sayadaw U Paññathami From June 1 to June 30, 2017

Dear Yogis,

We would like to invite you to participate in a 30-day special retreat under the guidance of Sayadaw U Pannathami at Tathāgata Meditation Center (TMC) from 5 A.M. June 1 to 12 Noon June 30, 2017.

Sayadaw U Pannathami had practiced meditation under illustrious masters, notably the late Venerable Mahasi Sayadaw and Sayadaw U Pandita. He is the resident teacher and the abbot of Panditarama Sydney and Melbourne Meditation Centre. Sayadaw speaks excellent English and has many years of experience guiding meditators in the practice of Insight (Vipassanā) meditation. He has taught in Malaysia, Singapore, Australia, Canada, United States and England and is well respected for his skillful guidance, loving-kindness and compassion.

The retreat program consists of Vipassanā meditation practice, Dhamma talks, interviews, questions and answers. The daily practice during the retreat starts at 5 A.M. and ends at 10 P.M. Interested yogis should fill out the enclosed registration form and mail it back with full retreat fee to TMC as soon as possible. Applications will be accepted based on the first-come-first-serve basis with priority given to full-time yogis. The center will inform yogis about their status within two weeks after receiving their applications or by May 21, 2017.

Once accepted, please bring sleeping bag or blanket, a bottle, and other daily necessities with you when coming to the retreat. Retreat check-in begins at 6 P.M. on May 31, 2017. Room assignment and orientation packet will be handed out upon checking in with the TMC's retreat coordinator or registrar at the office.

Should you have any questions regarding the retreat, please contact Ha Truong at 510-579-3951 or email address: hatruonglivermore@gmail.com.

May you all be well, happy and peaceful!

In Metta,
Tathagata Meditation Center