



Tathagata Meditation Center

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

A Special Vipassanā Meditation Retreat Under the Guidance of Sayadaw U Vanissara From December 1-30, 2017

Dear Yogis,

We would like to invite you to participate in a special 30-day Vipassanā retreat under the guidance of Sayadaw Vanissara at Tathāgata Meditation Center (TMC) from 5 AM December 1 to 12 Noon December 30, 2017.

Sayadaw U Vanissara has been ordained as a monk since 1987 and is currently a resident meditation teacher at Panditarama Meditation Center in Oyin Oo Lwin, Upper Burma. Before that, he assumed Sasana responsibilities at Panditarama's branch meditation centers in Malaysia and Nepal. He has also led three-month meditation retreats for monks in Bodhgaya, India and a one-month meditation retreat here at Tathāgata Meditation Center in June 2014.

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 November 19, 2017.

Once accepted, please bring sleeping bag or blanket, a bottle, and other daily necessities with you when coming to the retreat. For those yogis planning to attend right from the beginning of the first day of the retreat, please check in between 5 P.M. and 10:00 P.M. on November 30. 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 Luyen Pham at 916-996-1286 or Luyenpham@aol.com.

May you all be well, happy and peaceful!

In Metta,
Tathagata Meditation Center