

Birmingham Buddhist Vihara Ten Day Meditation Retreat

From 7:30pm Friday 16 August to 4pm Sunday 25 August
(9:00am to 9:00pm from 16 to 24 August inclusive)

with Ven. Dr. Ottaranyāna
(Insight Meditation)

Supporters Needed

If you wish to provide lunch for the yogis attending please sign the form below indicating the relevant dates, again please provide a contact number.

Lunch Dates	Name	Address	Contact Telephone Number

*For further details contact Birmingham Buddhist Vihara on 0121 454 6591
or email venuttaranyana@gmail.com*

Birmingham Buddhist Vihara Ten Day Meditation Retreat

From 7:30pm Friday 16 August to 4pm Sunday 25 August
(9:00am to 9:00pm from 19 to 24 August inclusive)

with Ven. Dr. Ottaranyāna
(Insight Meditation)

*Participants may come for the whole ten days, the weekend or single days.
Please sign below stating which days you wish to attend and provide a contact telephone number.*

Meals will be provided so that all yogis can eat a communal meal together.

There will be no charge for the course but any donations made would help towards food expenses and the upkeep of your vihara. Residency may be available for participants attending from outside the West Midlands region.

Name	Dates Attending Retreat	Address	Contact Telephone Number

*For further details contact Birmingham Buddhist Vihara on 0121 454 6591
or email venuttaranyana@gmail.com*