

Birmingham Buddhist Vihara **Ten Day Meditation Retreat**

From 7:30pm Friday 18 August to 4pm Sunday 27 August
(9:00am to 9:00pm from 19 to 26 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
19/08/2023			
20/08/2023	Dr Myo Thu & Dr Lynn Lynn Sein Family	Newark	
21/08/2023			
22/08/2023			
23/08/2023			
24/08/2023			
25/08/2023			
26/08/2023	Dr Moe Thant & Theingi Thant family	Newark	
27/08/2023	Dr Win Myint Aung & Dr Khine Thin Hun	Birmingham	

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

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*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

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