

# **Easter Meditation Retreat**

From 9am Friday 18<sup>th</sup> April to 4pm Monday 21<sup>st</sup> April 2025  
with Ven. Dr. Ottaranyāna (Metta Bāvanā Meditation)

*Participants may come for the whole four 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	Lunch Yes / No	Address	Contact Telephone Number

*For further details contact Birmingham Buddhist Vihara on 0121 454 6591 or email [venuttaranyana@gmail.com](mailto:venuttaranyana@gmail.com)*