



"The Straight Truth"

A NINE DAY MEDITATION RETREAT WITH AYYA MEDHANANDI

Galilee Centre, Arnprior, Ontario

June 17 - June 26, 2011

RETREAT REGISTRATION INFORMATION

About Ayya Medhanandi



Ayya Medhanandi, née Mary Fiksel, 1949, a native of Montreal, began meditating at the age of 21. Inspired by the practice, she made pilgrimage to India, met an Advaita sage, and trained with him as a nun for four years. After completing an MSc in nutrition, she designed and managed NGO projects in Thailand, Senegal, and Ecuador as well as UNICEF/WHO health intervention programs for malnourished women and children in Nepal.

Her teacher's death in 1986 was a call to monastic life. She left her career to take her first vows as a Buddhist nun with Sayadaw U Pandita in Myanmar. Then came ten years of training at Amaravati Buddhist Monastery with Ajahn Sumedho as preceptor. Stepping out on her own, she lived as a solitary nun in New Zealand for six years before moving to Penang to continue teaching and

leading retreats in the Antipodes, Asia, and the West.

In 2007, she received bhikkhuni ordination and the bodhisattva monastic precepts in Taiwan. Accepting an invitation to return to Canada, in 2008 she established Sati Saraniya Hermitage, the first Canadian monastic residence for Theravada bhikkhunis, located in Perth, Ontario.

In addition to running Hermitage programs and leading retreats, she teaches vipassana meditation courses for Ottawa area Hospice staff and volunteers. She is the author of '*Gone Forth, Going Beyond*'.

The Retreat Site

The Galilee Centre (www.galileecentre.com) is located about 40 minutes west of Ottawa. It is a spacious building, surrounded by large lawns and trees, and features a scenic waterfront and walking trails. The accommodations are fully furnished single rooms with sinks. Beds, bedding, and towels are provided. The chef serves vegetarian and vegan dishes, using mainly natural ingredients.

Registration Information

Register now for this nine day retreat

WHEN: Friday, June 17th, 7:00pm – Sunday June 26st, 1:00pm.

ARRIVAL TIME: Friday, June 17th, 4:00pm – 6:00pm.

FORMAT: The retreat will consist of sitting and walking meditations, and Dhamma talks. There will be some meditation instruction. This is a silent retreat, participants are asked to maintain silence for the weekend.

WHERE: Galilee Centre. From Ottawa, take Hwy 417 West to Arnprior. Take the first Arnprior exit: "Arnprior/Carleton Place Hwy 29". At the Stop sign turn right on Hwy 29 to the end of the road. Turn left on Madawaska Blvd. Turn right at the third set of traffic lights onto John Street which ends at the Galilee Centre, 398 John St. North, just after Arnprior Hospital. **Galilee Centre Telephone: (613) 623-4242.**
COST FOR THE WHOLE TEN DAYS: \$650 (CDN) for OBS members, \$680 for non-members
COST FOR WEEKEND ONLY (FRIDAY EVENING, SATURDAY AND SUNDAY) \$175 (CDN) OBS members \$205 for non-members

Please note that the retreat fee pays for rental of the retreat site, single room, and two meals per day. This does not include donations to the teacher.

CANCELLATION: Full refund if you cancel prior to June 10, 2011. No refund will be made if you cancel on or after June 10th, unless someone else takes your place..

YOUR REGISTRATION WILL BE COMPLETED UPON RECEIPT OF PAYMENT. PLEASE MAKE ALL CHEQUES PAYABLE TO THE OTTAWA BUDDHIST SOCIETY. YOU WILL BE SENT AN EMAIL OR A PHONE CALL APPROXIMATELY TWO WEEKS BEFORE THE RETREAT CONFIRMING YOUR REGISTRATION.

WHAT TO BRING: Alarm clock, water bottle, toiletries, enough clothes for the duration of the retreat, warm clothes and walking shoes/boots for outside, slippers, meditation cushion and mat to put your cushion on. Please ensure you keep any valuables in a secure place.

VOLUNTEERING: Retreat organization is done on a voluntary basis. You are invited to sign up to help with various light tasks (e.g. bell-ringing) during the retreat.

CODE OF CONDUCT: Retreatants are asked to undertake the basic training rules embodied in the Eight Precepts and to observe noble silence and Retreat Guidelines. The Eight Precepts are:

- *Harmlessness:* not intentionally taking the life of any creature.
- *Trustworthiness:* not taking anything that is not given.
- *Chastity:* refraining from any sexual activity.
- *Right Speech:* avoiding false or malicious speech.
- *Sobriety:* not taking any intoxicating drinks or drugs.
- *Renunciation:* not eating after mid-day**.
- *Restraint:* refraining from entertainments and self-adornment.
- *Alertness:* refraining from over-indulgence in sleep.

**Participants with medical conditions requiring a dietary regime will not be expected to observe this precept.

MEALS: Vegetarian breakfast and lunch are the two main meals. Tea and juice will be available in the evening.

DONATIONS TO THE MONK: In keeping with ancient Buddhist tradition, the teaching and meditation instructions given by the monk are free of charge. The monk and the monastery are supported by donations. You may make a donation to the monk through the OBS and receive a tax receipt at the end of the year.

TO REGISTER: Please complete the attached registration form and mail it with your payment to:

**Neeta Pakhale
35 Findlay Avenue
ON, Ottawa
Canada K1S2T8**

Phone - [613-898-0130](tel:613-898-0130)

E-mail - neetasp@yahoo.com

Please make cheques payable to the Ottawa Buddhist Society and write at the top of your cheque: "Ayya Medhanandi 2011 Retreat".



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Galilee Centre, Arnprior, Ontario
June 17 - June 26, 2011

Identifying Information:

Today's Date: _____
First Name: _____ Last Name: _____
Address: _____ Postal Code: _____
E-mail: _____
Telephone: (work) _____ (home) _____

Emergency Contact information:

Name: _____
Address: _____
Phone Number: _____
Relationship: _____

Needs:

<ol style="list-style-type: none">1. Healthy, vegetarian food will be served, with rice available at lunch. If you have specific food allergies, please bring the food that you need. There is a refrigerator available for you to store your food.2. If you need a ride, please go on the OBS ridesharing website and follow the instructions to post your name. If you can offer a ride please also put your name on the website.
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Meditation and Retreat Experience:

<ol style="list-style-type: none">1. Have you previously practiced meditation: Yes No If you have, how long have you practiced, and with which teacher(s) or tradition(s)? _____1. Retreat experience:<ul style="list-style-type: none">• None• Short retreats (1-6 day periods) Approximately how many? _____• Long retreats (7-14 day periods) Approximately how many? _____• Extended retreats (15 days +) Approximately how many? _____

Please mail this form with your payment to: Neeta Pakhale 35 Findlay Avenue, Ottawa, ON, Canada, K1S 2T8.
Please make cheques payable to the **Ottawa Buddhist Society** and write at the top of your cheque:
"Ajahn Ayya Medhanandi June 2011 Retreat".
