



## 5-DAY MEDITATION RETREAT WITH AYYA MEDHANANDI

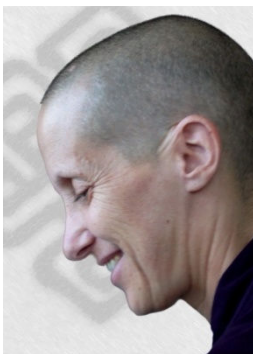
Spring Retreat in Lanark Highlands

May 7<sup>th</sup> - May 12<sup>th</sup>, 2010

### RETREAT REGISTRATION INFORMATION

#### About Ayya Medhanandi

Ayya Medhanandi is a Theravada bhikkhuni and the abbess of Sati Saraniya Hermitage. Inspired by the practice at a young age, she made pilgrimage to India, met an Advaita sage, and trained with him as a nun for four years.



Her teacher's death in 1986 was a call to monastic life. She took her first vows as a Buddhist nun with Sayadaw U Pandita in Myanmar. Then came ten years at Amaravati Buddhist Monastery with Ajahn Sumedho as preceptor, eight years as a solitary nun in New Zealand and Penang, and teaching 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 Theravada Buddhist monastic residence for bhikkhunis. The website for the hermitage is: [www.satisaraniya.ca](http://www.satisaraniya.ca)

She is the author of 'Gone Forth, Going Beyond'

#### Retreat Information

This year's Spring Retreat will be held at the beautiful Stillwaters Retreat Centre in Lanark Highlands (1½ hours drive from Ottawa). Stillwaters is a quiet, secluded sanctuary of 1,200 acres, nestled on a private lake ([www.stillwatersretreat.com](http://www.stillwatersretreat.com)). Directions will be forwarded on to everyone shortly before the retreat begins.

To keep costs down we have booked this retreat site without meals. **People attending the retreat will be asked to contribute meals**, and we will gratefully accept donations of food from members of the community not attending the retreat. There will be a Dana Coordinator to organize the contribution of a variety of healthy vegetarian meals. The OBS has included a small cost in the retreat fee to cover healthy breakfast food for everyone. **Also, all retreatants are asked to bring their own bed linen and towels.** Sleeping bags are optional. Duvets and pillows are available.

**WHEN:** Friday, May 7 – Wednesday, May 12, 2010. We will first see how enrolment goes for full time attendance, before we open up the registration for weekend or daily spaces.

**ARRIVAL TIME:** Friday May 7, 4:00pm – 6:00 pm. A light supper will be served between 5 and 6 pm the first night only. There will be no meals after the noon main meal, in keeping with the 8 precepts (see below).

**COST: \$225.00** Please note that the retreat fee pays for rental of the retreat site, single or double room, and breakfast, plus the cost of the teacher's accommodation. This does not include donations to the teacher.

**The final deadline for receipt of payment and registration forms is April 23<sup>rd</sup>, 2010.**

**CONFIRMATION OF REGISTRATION:** All registered retreatants will receive e-mail or phone confirmation of their registration. Retreat Schedule and directions will be sent out the week prior to the retreat.

**TRAVEL ARRANGEMENTS: Please consider ride sharing.** If you need a ride or can offer a ride, please go to the OBS website Ride Sharing and follow the instructions. Copy this URL into your browser if you cannot find the sheet on the website. <http://spreadsheets.google.com/pub?key=puhKaF3cPiuuUcJDFBU8uFQ>

**CANCELLATION:** Full refund if you cancel prior to April 24, 2010. No refund will be made if you cancel on or after April 24th, unless someone else takes your place.

**DONATIONS TO THE MONASTICS:** In keeping with ancient Buddhist tradition, the teaching and meditation instructions given by monastics are free of charge. The monastics and their monasteries are supported by donations. You may make a donation to the monk/nun through the OBS and receive a tax receipt at the end of the year. A donation box for this purpose will be set up at the retreat centre. The OBS does not keep a portion of your donation; all funds are sent to the monastery where the monk/nun resides or to their personal steward. In the spirit of Dana, the OBS does not suggest an appropriate amount for donations. Any offering is appreciated.

**WHAT TO BRING:** Bed linens and towels/facecloth, alarm clock, water bottle, toiletries, and enough clothes for the duration of the retreat, 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, clean up) 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 noon.
- *Restraint:* refraining from entertainments and self-adornment.
- *Alertness:* refraining from over-indulgence in sleep.

**IMPORTANT:** Registrants who have never previously practiced in this tradition are encouraged to attend at least one of the Ottawa Buddhist Society's monthly Days of Mindfulness for retreat orientation.

**TO REGISTER OR FOR MORE INFORMATION:** Please complete the attached registration form and mail it with your payment to: **Adrienne Jordan,  
55 Cockburn St,  
Perth, Ontario, K7H 2B5.**

**If you have questions, please call Adrienne at 1-613-267-9890.**

Please make cheques payable to the **Ottawa Buddhist Society**  
and write at the top of your cheque: **Ayya Medhanandi Spring Retreat 2010.**



**5-DAY RETREAT WITH AYYA MEDHANANDI**  
**May 7<sup>th</sup> to May 12<sup>th</sup>, 2010**

RETREAT REGISTRATION FORM

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Date: \_\_\_\_\_ Male: \_\_\_\_\_ Female: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ Province: \_\_\_\_\_

Postal Code: \_\_\_\_\_ E-mail: \_\_\_\_\_

Home Telephone: \_\_\_\_\_ Work Telephone: \_\_\_\_\_

Do you have **special dietary needs, health challenges?**

\_\_\_\_\_

Have you previously **practised meditation**? If so, how long have you practised, and with which teacher(s) / tradition(s):

How much **retreat experience** do you have?

None \_\_\_\_\_

Short Retreats (1-6 day periods) \_\_\_\_\_ *(specify how many)*

Long Retreats (7-14 day periods) \_\_\_\_\_ *(specify how many)*

Extended Retreats (15 day +) \_\_\_\_\_ *(specify how many)*

**Please list the name and telephone number of someone to contact, in case of an emergency:**

Name: \_\_\_\_\_ Telephone: \_\_\_\_\_

Please mail this form with your payment (\$225.00) to: **Adrienne Jordan, OBS Retreat Coordinator, 55 Cockburn St, Perth, On K7H 2B5.** Please make cheque payable to **Ottawa Buddhist Society**, write at the top of your cheque: **Ayya Medhanandi Spring Retreat 2010**