



**September 21-28, 2018,
Galilee Centre, Arnprior
Seven-day Meditation Retreat
Led by LP Viradhammo**

Ajahn Viradhammo was born in Germany, 1947, to Latvian refugee parents. They moved to Toronto when he was four years old. Around 1969, while living in India, he encountered Buddhism, meeting the late Sāmanera Bodhesako, who introduced him to the teachings of the Buddha. He eventually travelled to Thailand to become a novice at Wat Mahathat in 1973 and took bhikkhu ordination the following year at Wat Pah Pong with Ajahn Chah. Later, he was involved in the establishment of both the Chithurst and Harnham monasteries in the UK. In 1985, he moved to New Zealand, where he lived for 10 years, setting up Bodhinyānārāma monastery. In 1995 he came to the UK to assist Ajahn Sumedho at Amarāvati and stayed for four years before returning to New Zealand, where he lived until 2002. He was living in Ottawa caring for his mother for nine years and is now resident full time at Tisarana and is the Abbot of the Monastery

Registration will open at noon on Monday July 16 for OBS members and on Thursday July 19 for non members on the OBS [RETREATS](#) web page

OBS Memberships are available on the OBS [BECOME A MEMBERV](#) web page.

Cost of retreat: \$650 for OBS members; \$680 for non-members.
(\$100 deposit by Paypal at time of registration. Balance due by cheque August 20)

Questions: please contact obsresident@ottawabuddhistsociety.com