

# A 2-Day Mindfulness Meditation Retreat With Teacher - Ayya Medhanandi Theme - Death and Dying

Fisher Heights Community Place,  
31 Sutton Place, Ottawa

Saturday, November 17th and Sunday, November 18th, 2018

8:30 AM - 4:30 PM

*Sponsored by the Ottawa Buddhist Society*



Ayyā Medhānandī Bhikkhunī, is the founder and guiding teacher of Sati Sārāṇīya Hermitage, a forest monastery for women in the Theravādan tradition. The daughter of Eastern European refugees who emigrated to Montreal after World War II, she began a spiritual quest in childhood that led her to India, Burma, England, New Zealand, Malaysia, Taiwan and finally, back to Canada. After nearly 20 years as a novice alms-mendicant nun, in 2007, Ayyā fulfilled her long-held wish for full ordination – she took her bhikkhunī vows at Ling Quan Chan Monastery in Keelung, Taiwan. In 2008, on invitation from the Ottawa Buddhist Society and Toronto Theravāda Buddhist Community, Ayyā returned to her native Canada to establish Sati Sārāṇīya Hermitage.

This non residential retreat offers space for silent meditation and contemplations on death, our fear of it, death's immanence, and how we learn from it great lessons about ourselves. Through the stabilizing force of present moment awareness we investigate the process of dying while inquiring - who dies; how we embody our humanity; what is our greatest fear; where is freedom from remorse; what brings unshakeable joy; and what consummates life. Death reflections and meditation guidance are offered daily. Previous meditation experience required. No partial attendance for this course.

**Retreat Registration:** Begins Monday October 1 for OBS members and Thursday October 4 for non-members.

To register go to: <http://ottawabuddhistsociety.com/activities/latest-updates/retreats/>  
Scroll to bottom of page. Click on the "Register Now" button

**Costs:** \$40 for OBS members and \$45 for non-members. For those interested in becoming an OBS member, the cost of an annual membership is \$30, and can be applied for online: <http://ottawabuddhistsociety.com/participate/become-a-member/>

If you have questions contact: [obsresident@ottawabuddhistsociety.com](mailto:obsresident@ottawabuddhistsociety.com)