

On-Line Meditation Retreat Led by Ayyā Medhānandī

Friday, Nov 20th -Tuesday, Nov 24th, 2020

Sponsored by the Ottawa Buddhist Society



Ayyā Medhānandī is the founder and guiding teacher of [Sati Sārāṇīya Hermitage](#), a Theravāda forest monastery established in her native Canada in 2007. Her meditation experience spans 51 years, 33 of them as an alms-mendicant nun. She was given sāmaṇeri (novice) ordination by Sayadaw U Pandita in Myanmar in March 1988. Nearly 20 years later, she fulfilled her long-held wish for full ordination as a bhikkhunī in Taiwan, joining the wave of pioneer women restoring the Theravāda Bhikkhunī Saṅgha in our era.

Theme: Unexpected Blessings, Death, and Awakening

Schedule: Friday Nov 20th 7:30 PM until Tuesday Nov 24, 4:30 PM
See daily schedule below

Registration will open on Monday October 26th. Registration will be on the OBS retreat page: <https://ottawabuddhistsociety.com/activities/latest-updates/retreats/> Limit 100 participants

Cost of retreat: The retreat is free. There will be an opportunity to offer a donation to support the Bhikkhunī Saṅgha at Sati Sārāṇīya Hermitage.

Participants are encouraged to commit to the full retreat.

Questions: Please contact retreats@ottawabuddhistsociety.com

Friday, Nov 20

7:15 - 7:30 pm - Join the Zoom Retreat

7:30 - 9:00 pm - Meditation and Reflections with Ayyā Medhānandī

Saturday, Nov 21 – Monday, Nov 23

6:00 - 7:00 am - Morning meditation (meditate on your own)

8:15 - 8:30 - Sign into Zoom (option to stay online for the day - video on/off)

8:30 - 9:30 - Sitting Meditation with the Bhikkhunīs (occasional guidance)

9:30-11:00 - Individual Practice: walking or sitting meditation

11:00-2:00 - Lunch break

2:00-3:00 - Sitting Meditation with the Bhikkhunīs (occasional guidance)
3:00-5:00 - Individual Practice: walking or sitting`
7:00-8:30 - Meditation, Dhamma talk, Q & A, chanting with the Bhikkhunīs

Tuesday, Nov 24

6:00 am-3:00 pm - as above
3:00 pm-4:30 pm - Dhamma talk, Q & A, closing chants with the Bhikkhunīs

May all beings be blessed with good health and peace of heart.