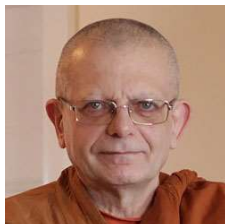


**2 Day On-line Meditation Retreat  
With Ajahn Punnadhammo  
Saturday, May 1st & Sunday, May 2nd, 2021  
9 AM - 3:30 PM  
via Zoom**



Ajahn Punnadhammo lives and teaches at Arrow River Forest Hermitage and meditation centre near Thunder Bay. He has been studying and practising Buddhism since 1979. Ajahn Punnadhammo began his studies under Kema Ananda, the founder and first teacher at Arrow River. After this he went to Thailand and was ordained in the forest tradition of Ajahn Chah in 1990. Between 1990 and 1995 he was based at Wat Pah Nanachat, Thailand. In 1995 he returned to Canada to assume the management of Arrow River Forest Hermitage. He has been there ever since. Ajahn Punnadhammo is Canadian, born in Toronto in 1955. He is a skilled and popular meditation teacher who has been leading retreats in Ottawa and at IMS for many years

This 2-day on-line retreat will offer teachings that support the cultivation of mindfulness and concentration, and encourage the development of insight. The retreat is held in silence focusing on walking and sitting meditation. There will be dhamma talks by the teacher and guided meditation instruction.

Beginning meditators are very welcome at the retreat, although some experience is recommended. Participants are requested to commit to attending at least one full day of the retreat starting at 9:00.

**Costs:** There is no cost but there will be an opportunity to offer dana (donation) to Arrow River Forest Hermitage where Ajahn Punnadhammo resides.

**Retreat Registration:** Begins: Tuesday April 6<sup>th</sup> on the OBS website. Limit 100 participants.

Questions please email [retreats@ottawabuddhistsociety.com](mailto:retreats@ottawabuddhistsociety.com)