



Residential and On-Line Meditation Retreat
Led by LP Viradhammo
Friday September 23 to Friday September 30, 2022
Sponsored by the Ottawa Buddhist Society

Ajahn Viradhammo was born in Germany in 1947 to Latvian refugee parents. They moved to Toronto, Canada, when he was four years old.

While living in India in his early twenties, he met the late Sāmanera Bodhesako, who introduced him to the teachings of the Buddha. In 1973, he travelled to Thailand to become a novice at Wat Mahathat and took bhikkhu ordination the following year at Wat Pah Pong with the late Ajahn Chah. Later, he was involved in the establishment of both the Chithurst and Harnham monasteries in the United Kingdom. In 1985, he moved to New Zealand, where he lived for ten years, setting up the Bodhinyānārāma Monastery. In 1995, he returned to the UK to assist Ajahn Sumedho at Amarāvati Monastery and stayed for four years before returning to New Zealand, where he lived until 2002. At that time, he came to Ottawa where he cared for his mother for nine years. In 2006, he founded Tisarana Buddhist Monastery in Perth, Ontario, where he is currently the abbot.

I. REGISTRATION for the IN-PERSON retreat to be held at Galilee Retreat Centre in Arnprior, Ontario will open on Monday, August 22nd for OBS members and on Tuesday, August 23rd for non-members.

Please Note: The in-person part of the retreat will be limited to 18 people. (All rooms are single rooms.) See COVID protocols below.

COST: \$750 for OBS members and \$780 for non-OBS members. This does not include an optional donation to Tisarana.

PAYMENT: A \$100 deposit through Paypal is required with your registration. The balance, due by Monday, August 30th, can be paid by cheque or by e-transfer.

TO REGISTER: Please go to the OBS retreat page:

<https://ottawabuddhistsociety.com/activities/latest-updates/retreats/>

II. REGISTRATION for the ON-LINE retreat to be held via ZOOM will open on Wednesday, August 24th.

COST: Free but there will be an opportunity to make a donation to Tisarana.

TO REGISTER: Please go to the OBS retreat page:

<https://ottawabuddhistsociety.com/activities/latest-updates/retreats/>

QUESTIONS: Please contact retreats@ottawabuddhistsociety.com

Covid Protocols:

1. Vaccinations are required: a minimum of 3 (of the 4 currently available). Participants will be asked to send copies of their provincial vaccination certificates to the registrar.
2. Face coverings, specifically surgical/medical or N95/KN95 masks, are required in all shared indoor spaces, including the Meditation Hall. N95/KN95 offer the best protection and are recommended. Cloth masks are not acceptable.
3. Registrations have been limited to 18 participants to allow for distancing throughout the retreat, including in the Meditation Hall. We will keep windows open whenever possible and will have air purifiers running in the Meditation Hall.

Tentative schedule for the in-person and on-line retreat:

Friday September 23,

- 4:00-7:15 PM Arrival, check-in, and light dinner for in-person participants
- 7:15-7:30 On-line participants join the Zoom retreat
- 7:30-9:00 Welcome, instructions, precepts, etc. with LP Viradhammo

Saturday Sept 24-Thursday Sept 29

- 5:45-6:00 AM Join the Zoom retreat for the day
- 6:00-7:00 Morning meditation
- 7:00-8:30 Mindful breakfast preparation, eating, and clean-up
- 8:30-9:30 Instruction and sitting meditation with LP Viradhammo
- 9:30-11:00 Alternate between walking, sitting and lying down practice
- 11:00-2:00 PM Mindful meal preparation, eating, and rest
- 2:00-3:00 Instruction and sitting meditation with LP Viradhammo
- 3:00-5:00 Alternate between walking, sitting and lying down practice
- 5:00-7:00 Nutrition snack, rest, individual informal practice
- 7:00-9:00 Meditation, dhamma talk, Q&A, chanting, with LP Viradhammo

Friday September 30

- 5:45-6:00 AM Join the Zoom retreat for the day
- 6:00-7:00 Morning Meditation
- 7:00-9:00 Breakfast. Check out for in-person participants
- 9:00-9:45 Instruction and sitting meditation with LP Viradhammo
- 9:45-10:15 Closing of the on-line retreat
- 10:15-11:00 Closing of in-person retreat
- 11:00-12:00 Lunch and departure for in-person participants