

A Hybrid Meditation Retreat With Ayyā Medhānandī & Ayyā Anuruddhā

On-Line & Residential at the Galilee Retreat Centre,
Arnprior, Ontario, Canada

Sponsored by the Ottawa Buddhist Society

Ayyā Medhānandī, a native of Canada, is the founder and guiding teacher of [Sati Sārāṇīya Hermitage](#), a Theravāda forest monastery near Perth, Ontario. Ayyā's meditation experience spans 52 years, 35 years as an alms-mendicant nun. She was ordained as a sāmaṇeri (10 precept novice) by Sayadaw U Pandita in Myanmar in March, 1988. In 2007, she fulfilled her long-held wish for bhikkhuni (full) ordination in Taiwan, joining the wave of pioneer women restoring the Theravāda Bhikkhunī Saṅgha in our era.



THEME: A Way of Benevolence: Freedom from Fear, Peace and Wise Compassion

Schedule: Thursday Nov 17, 7:30 PM until Sunday Nov 20, 4:00 PM
See daily schedule below

I. REGISTRATION for the IN-PERSON retreat to be held at Galilee Retreat Centre in Arnprior, Ontario will open on Monday, October 17th.

Please Note: The in-person part of the retreat will be limited to 20 people. (All rooms are single rooms.) See COVID protocols below.

COST: \$350. This does not include a donation to the Bhikkhunī Saṅgha at Sati Sārāṇīya Hermitage

PAYMENT: A \$100 deposit through Paypal is required with your registration. The balance, due by Thurs Nov 3 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 will open on Tuesday October 18th.

COST: Free. There will be an opportunity to offer a donation for the Bhikkhunī Saṅgha at Sati Sārāṇīya Hermitage.

TO REGISTER: Please go to the OBS retreat page:

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

FINANCIAL ASSISTANCE: Retreat bursary application due Mon. Oct 11. Go to <https://ottawabuddhistsociety.com/activities/retreat-bursary/> for more info.

QUESTIONS: Please contact retreats@ottawabuddhistsociety.com

SCHEDULE:

Thursday November 17th

- 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 the Ayyās

Friday November 18th and Saturday November 19th

- 5:45-6:00 AM Join the Zoom retreat for the day
- 6:00-7:00 Morning meditation with the Ayyās
- 7:00-8:30 Breakfast and informal practice
- 8:30-9:30 Instruction and sitting meditation with Ayyā Medhānandī
- 9:30-11:00 Alternate walking and sitting practice
- 11:00-2:00 PM Lunch and informal practice
- 2:00-3:00 Instruction and sitting meditation with the Ayyās
- 3:00-5:00 Alternate between walking and sitting practice
- 5:00-7:00 Nutrition snack, rest, individual informal practice
- 7:00-9:00 Meditation, dhamma talk, Q&A, chanting, with the Ayyās

Sunday November 20th

- 5:45-6:00 AM Join the Zoom retreat for the day
- 6:00-7:00 Morning Meditation with the Ayyās
- 7:00-8:30 Breakfast and informal practice
- 8:30-9:30 Instruction and sitting meditation with Ayyā Medhānandī
- 9:30-11:00 Alternate walking and sitting practice
- 11:00-1:30 PM Lunch and check out of rooms for residents
- 1:30-2:30 Instruction and sitting meditation with the Ayyās
- 2:30-3:00 Closing of the on-line retreat
- 3:00-3:45 Closing of in-person retreat
- 4:00 Departure of residential participants

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 20 participants to allow for distancing throughout the retreat, including in the Meditation Hall. We will open windows whenever possible and will have air purifiers running in the Meditation Hall.