



Tathagata Meditation Center

1215 Lucretia Ave, San Jose CA 95122 Tel: (408) 294-4536 Website: www.tathagata.org

A Special Vipassana Meditation Retreat Under the Guidance of Beelin Sayadaw From August 29 to September 12, 2009

Dear Yogis,

We would like to invite you to participate in a special 15-day retreat under the guidance of Beelin Sayadaw at Tathagata Meditation Center (TMC) from 5 AM Saturday August 29 to 12 Noon Saturday September 12, 2009.

Beelin Sayadaw, also known as Sayadaw U Pannadipa, is currently the Abbot of Tathagata Meditation Center (TMC). Before coming to TMC in 1999, he was considered as the indispensable assistant of Sayadawgyi U Pandita at Panditarama Meditation Center in Yangon, Burma. He had taught Vipassana to many monks and lay people including foreign yogis at Panditarama and other places in Middle Burma.

The retreat program consists of Vipassana meditation practice, Dhamma talks, interviews, questions and answers. The daily practice during the retreat after taking eight precepts includes sitting meditation and walking meditation following each other continuously except for the dining, resting and sleeping periods. Interested yogis should fill out the enclosed registration form and mail it back with full retreat fee to TMC as soon as possible.

Please bring your sleeping bag or blanket and other daily necessities with you when coming to the retreat. For convenience, yogis could arrive at TMC after 7:00 PM on Friday August 28. Room assignment and orientation packet will be handed out upon checking in with the TMC's retreat coordinator or registrar at the office.

Should you have any questions regarding the retreat, please contact Luyen Pham at 916-996-1286 or email address: luyenphamphu@aol.com.

May you all be well, happy and peaceful!

In Metta,
Tathagata Meditation Center