



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 Sayadaw U Pannathami From November 7 to November 29, 2009

Dear Yogis,

We would like to invite you to participate in a 23-day special retreat under the guidance of Sayadaw U Pannathami at Tathagata Meditation Center (TMC) from 5 A.M. November 7 to 12 Noon November 29, 2009.

Sayadaw U Pannathami had practiced meditation under illustrious masters, notably the late Venerable Mahasi Sayadaw and Sayadaw U Pandita. He is the resident teacher and the abbot of Panditarama Sydney and Melbourne Meditation Centre. Sayadaw speaks excellent English and has many years of experience guiding meditators in the practice of Insight (Vipassana) meditation. He has taught in Malaysia, Singapore, Australia, Canada, United States and England and is well respected for his skillful guidance, loving-kindness and compassion.

The retreat program consists of Vipassana meditation practice, Dhamma talks, interviews, questions and answers. The daily practice during the retreat after taking eight precepts including 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 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 P.M. on Friday November 6, 2009. 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 the following persons:

1. Son Tu (408) 391-3690 or email: sontusila@aol.com (English or Vietnamese)
2. Venerable U Pannadipa at (408)977-0300 (Burmese)

May you all be well, happy and peaceful!

In Metta,
Tathagata Meditation Center