



**DHAMMĀRĀMA**

Hvozď 153, 798 55, Czech Republic  
e-mail: [dhammarama@seznam.cz](mailto:dhammarama@seznam.cz)  
web: [www.dhammarama.eu](http://www.dhammarama.eu)



The author of this painting is a former Ayukusala monk and a painter Josef Vörös.  
[www.galerie-voros.cz](http://www.galerie-voros.cz)

Invitation to the intensive meditation retreats

# Satipatthāna - Vipassanā

mindfulness and insight meditation

Retreat 1  
11<sup>th</sup> July – 24<sup>th</sup> July 2010

Instructors:  
Roman Hytych  
Lukáš Mezulianek\*

Retreat 2  
25<sup>th</sup> July – 7<sup>th</sup> August 2010

Instructors:  
Venerable Ayukusala Thera  
Zdeněk Trávníček

## Retreat programme

This traditional retreat focuses on the intensive practise of the mindfulness and insight meditation (*satipatthāna-vipassanā*). It is recommended to attend at least one weekend meditation retreat before you apply for this intensive meditation retreat. In case you do not have such an experience, you should discuss your participation with your meditation teacher and ask for a reference. It is possible to take part in both retreats and to meditate for four weeks.

## Participation fee: € 350

This fee includes accommodation, full board and the administrative expenses. The instruction of the Buddha's Teaching (*Dhamma*) is a gift given by the teachers. Therefore, an additional donation is recommended. You will be asked to pay in cash as soon as you come to the retreat. Our bank account is still not capable of accepting payments from abroad. Thank you.

## Location

„Mosty v lukách“ - it is a comfortable recreation centre at the edge of a small village Loučka, not far from the city Olomouc. Accommodation mainly in four bed bedrooms, vegetarian board.  
[www.os-luka.com](http://www.os-luka.com)

## The application

You can apply for the retreat by June 20<sup>th</sup> 2010 at Dhammarama web page - [www.dhammarama.eu](http://www.dhammarama.eu). If there is any problem, please send an e-mail to the organizer.

Ms. Alena Rejdakova  
mobile.: +420 724 796 632  
e-mail: [a.rejdakova@gmail.com](mailto:a.rejdakova@gmail.com) (also available on voice chat or Skype)

After we receive your application, we will send you the information about the programme and the most suitable way of transport.

\*) The meditators who attend both retreats will be conducted by Venerable Ayukusala Thera.