

U Vansa



Bhante U Vansa under the guidance of Sayadaw U Janaka, became a Buddhist monk who now travels throughout the world guiding retreats of metta [loving kindness] vipassana [mindfulness] meditation. He has an excellent sense of directness and humor.

Noble Silence

All students must observe Noble Silence from the beginning to the end of the retreat. However, students may speak with the teacher or management with any concerns related to food, accommodation, health, etc.

Villa Maria Retreat Center

1903 E. Lake Shore Dr.
Springfield, Illinois
62712-5514

Satipatthana Vipassana Association
Chanmyay Satipatthana Vihara
Springfield, Illinois

Vipassana Meditation Retreat

A seven day insight [mindfulness] meditation retreat with the Canadian monk Bhante U Vansarakkhita will be taught within a framework of metta, universal openness, friendliness and care.

July 31st ~ August 7th 2011

CHANMYAY
SATIPATTHANA
VIHARA



Meditation Retreat Announcement

“This is the only way, bhikkhus, for the purification of beings, for the overcoming of sorrow and lamentation, for the disappearance of pain and grief, for reaching the Noble Path, for the realization of Nibbana, namely, the Four Foundations of Mindfulness.”

(Maha-Satipatthana Sutta)

Satipatthana Vipassana Association will host a Vipassana meditation retreat at Villa Maria (Lake Springfield) in Springfield, IL. This is a **7-day retreat** commencing **July 31st to August 7th 2011**, which will be conducted by Venerable Ashin Vamsarakkhita.

Registration

All yogis need to check-in between 1:30 and 4:00 PM on Sunday, July 31st. Check-out will be the following Sunday, August 7th, at 12:00 PM

- Single occupancy room: \$ 31.50 a night
- Double occupancy room: \$ 26.50 a night
- Small house by the lake: \$ 35.00 per day
- Breakfast: \$ 5.50
- Lunch: \$ 8.00

There is a \$100 non refundable deposit. Please make the check payable to SVA and mail the check and registration form at your earliest convenience to:

Satipatthana Vipassana Association (SVA)

9 Harriett Ln
Springfield, IL 62702-4618

* Please note: We cannot use the kitchen to cook and there are no laundry facilities.

Contact Information

For further information and registration forms, please contact us at the following email (preferable) and telephone numbers:

Sheila Beebe

Phone: 217-652-1135

Email: sheilazbb@comcast.net

or

Dr. Elizabeth Myint

Phone: 217-220-1536

Email: emyint@att.net

The Precepts:

All who attend the Vipassana meditation retreat must conscientiously undertake the 9 precepts for the duration of the retreat.