



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 have a Vipassana meditation retreat at Villa Maria (Lake Springfield) in Springfield, IL. This is a 6-day retreat commencing May 22nd 2009, and will be conducted by Venerable Sayadaw U Vamsarakkhita.

Registration:

(Note: Registration will begin at 5 pm Friday May 22 at Villa Maria with formal instruction to start at 7 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. Please mail the check and the registration form (see attached registration form) at your earliest convenience to:

Satipatthana Vipassana Association (SVA)

P.O. Box 5508
Springfield, IL 62705-5508

We cannot use the kitchen to cook and there are no laundry facilities.

Retreat Location: **Villa Maria Retreat Center**
1903 E. Lake Shore Dr.
Springfield, Illinois, 62712-5514

Serious Mental Disorders

People with serious mental disorders have occasionally come to Vipassana meditation retreats with the expectation that the technique will cure or alleviate their mental problems. Our capacity as a nonprofessional, volunteer organization makes it impossible for us to properly care for people with these backgrounds. Although Vipassana meditation is beneficial for most people, we cannot accommodate people with serious psychiatric disorders at this point in time.

The Precepts

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

Noble Silence

All students must observe Noble Silence from the beginning of the retreat until the end of the retreat. Students may, however, speak with the teacher whenever necessary and they may approach the management with any problems related to food, accommodation, health, etc.

For further information please contact us at the following email (preferable) and telephone number.

Sincerely,

Padetha Tin

President

Satipatthana vipassana Association

Chanmyay Satipatthana Vihara

Springfield, Illinois

Contact Information:

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