

# SAYALAY DIPANKARA

## 10-DAY INTENSIVE MEDITATION COURSE LANSING, MICHIGAN

**APRIL 6-15, 2007**

Sayalay Dipankara is the foremost teaching nun from Pa Auk Monastery in Burma under the great meditation master Venerable Pa Auk Sayadaw. Sayalay is a master of the 40 *Kammathana*, the 40 Meditation Subjects taught by the Buddha, and will instruct students on the practice of Mindfulness of Breathing (anapanasati) and Four Elements Meditation during this 10-day course.

Her course will be offered in English with some personal instruction in Chinese for Chinese-speaking students.

Students will be instructed individually by the teacher during daily interviews, and will be sitting and walking in silent meditation 10 or more hours per day, with breaks for meals and rest. Students will maintain the 8 precepts (see below), which include not eating after noon.

### Accommodations

The retreat will take place at Amitabha Village in Perry, Michigan, near Lansing. There will be accommodation for approximately 20 retreatants in a simple setting with 3-8 people per room in the women's building, and a maximum of 10 people in the men's facility. There will be tenting available in the Great Hall that is under construction, so campers will be out of the elements at night (only pop-up tents can be used). Retreatants who are driving in may want to bring an air mattress, sleeping bag, pillow, sheets, blankets, outdoor shoes, umbrella, toiletries, flashlight, clock, and enough warm clothes for 10 days as there will be no laundry facilities available.

### Costs

The retreat will be offered on a *dana* (donation) basis with each meditator deciding the level of support he/she is able to offer. Retreat expenses will include the cost of food, travel and donation for Sayalay, donations to Dhammasala and to Lansing Buddhist Association for use of the facilities, and other miscellaneous expenses, totaling an estimated \$7,000.

Donations can be made out to Maureen Bodenbach in U.S. Dollars (please write "2007 Michigan Retreat" on the memo line)

Send to: Maureen Bodenbach  
41730 Onaway  
Northville, MI 48167

### Applications

Please fill out the attached application and email to michiganretreat2007@yahoo.com.

Contact **Aloka Bagchi** with questions or for information at 517-347-1655.

In Canada, inquiries can be made to **Irene Pandittesekera** at 905-790-1146.

Email inquiries can be made to michiganretreat2007@yahoo.com.