

Muttodaya Meditation Retreat 2020

Time: Thursday, 30. April to Sunday, 10. May 2020 (Friday 01. May is a holiday)

Place: Buddhayana Haus, Stadel 8, 86579 Waidhofen (close to Ingolstadt, www.buddhayana-ev.de)

Organizer: Muttodaya Forest Monastery, 95236 Stammbach

Teacher: Bhante Chandako is a Buddhist monk born in Spain and ordained in the Thai forest tradition in 2011. He has more than 20 years of experience in samatha-vipassana meditation and travelled extensively in southeast Asia, doing retreats and training in various monasteries. His teacher (L. P. Tongdeng Varapanyo) lives in his monastery in the forests of the Chiang Mai province in Thailand. In 2015 Ven. Chandako moved to Muttodaya monastery in Germany. He has an extensive knowledge of the original Buddhist scriptures (the Canon Pali), teaches in a practical way suitable for the modern lifestyle and has led meditation retreats in Spain and Costa Rica.

General info: This intensive meditation retreat is in silence with about 8 hours formal practice daily, mostly as sitting and walking meditation. The retreat is suitable for beginners and experienced meditators. The subject matters are taught in form of guided meditations, talks, questions & answers sessions and personal interviews with the teacher. Some important methods for development of mindfulness and concentration will be taught, including working meditation. A daily work period of about 30 minutes serves organizational purposes and for widening the practice. Female and male participants will be separated.

Conditions of participation:

- Keeping the 8 precepts = To refrain from: 1. killing any living being, 2. taking what is not given, 3. any sexual activity, 4. lying, 5. intoxication with alcohol or any drug, 6. eating after noon, 7. entertainment, distraction and beautifying the body with jewellery, cosmetics, perfume, sexy outfit, 8. luxurious beds.
- Physical and mental health, which meets the minimum requirements of the retreat.
- Keeping the silence, also in the breaks and work periods, and relinquishment of non-verbal communication. Relinquishment of written, audio- and video- media. Please leave any reading matter at home.
- Mobile phones, tablets and other electronic devices have to be handed in on the arrival.
- Readiness to stick to the timetable (Modification due to health problems is possible.).
- Readiness to take part in the whole retreat (Partial participation is not possible.).
- Understand a Dhamma-talk in English.
- The ground of the meditation center can be left for a short walk.
- Smoking is forbidden during the retreat, also outside the meditation center ground.
- During the lunch break and the individual practice times silent, non-disturbing and peaceful physical exercises can be performed (gentle forms of Yoga, Qi Gong, Tai Chi, Kum Nye etc., but no Power Yoga, martial arts or similar things).

Costs: 390 €, to be paid after the confirmation of your participation.

In case of cancellation until 20. April 2020 the costs will be refunded minus a cancellation fee of 40 €. In case of cancellation after 20. April a refund is not possible.

The costs cover the food and a surplus goes to the operator of the meditation center for the coverage of the maintenance costs. The teaching is free of charge. A donation for Muttodaya Forest Monastery can be made together with the payment of the costs before and/or after the retreat to the bank connection sent with the confirmation. All received money exceeding the costs will be given to the official association for the support of Muttodaya Monastery.

Transferring the payment please state the following purpose:
„(first + last name of the participant), Muttodaya Retreat 2020“.

Additional (one-time) fee:

In case of accommodation in a single room: extra charge 60 €. This additional fee is to be paid only after the arrival in Stadel on 30. April.

Be ready to share a room with someone you don't know (man and women are separated).

In any case please bring your own bedding and towels!

Food: Vegetarian and in case of serious sickness/allergy with the possibility of wheat-, gluten- and lactose-free diet (indicate in the application form). A bread and muesli breakfast is prepared in the house and the lunch picked up from outside. In the afternoon there are tea, juice, honey and dark chocolate as tonics. Diabetics can have a piece of cheese.

Getting there:

by car: A9 exit Langenbruck, B300 to Augsburg, after 13 km turn left to Stadel

by train: to station Schrobenhausen or Pfaffenhofen, from there by taxi.

Arrival: on 30. April till 4 p.m. (better earlier) at Buddhayana Center for registration (the retreat starts 7 p.m.).

Departure: after the end of the retreat on 10. May, after lunch / 1 p.m.

Application: The number of participants is limited. The application has to be made written with the attached application form. The participation is only valid after confirmation and receipt of the payment.

The application form can be filled in with current versions of pdf-readers (Alternative: print, fill in manually and scan/photograph) and then has to be sent to the following e-mail address:

AsoBuda@gmx.com

In case of individual concerns (financial or time problems, late arrival, etc.) also e-mail to address above.