

Announcement

I obligatory register me for the following course:

- Basic course, 14 days
- Retreat, 10 days
- (Only if you completed the basic course)
- Some days for practicing

fromto2016.

Name:

Street:

Postcode/City:

Tel./Fax:

E-Mail:

- I will go by train
- I can take Persons along in my car
- I am looking for someone to drive with
- I fly to Faro and need airport pick-up

Date + Signature:

Announcement / Contact

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Tilakkhana Vipassana – Centro de Meditacao

"Monte da Barroquinha" is located close to Tavira in the lovely landscape of "Ria Formosa". It has a quiet atmosphere and so it is a good place for meditation.

Arrival by train: Destination: Cabanas.

Arrival by plane: Destination: Faro.

Advisable is an arrival until 3 pm on 1.9.16. A pick-up will be arranged at the airport.

Arrival by car: (If possible please take other members of the course along in your car). IP1 (toll) exit Tavira, along on N125 until Conceicao de Tavira (details on request).

For unexpected events during the journey please call 0049 162 6198749.

length and terms of the course

The beginning of the course is at 5 pm. If possible the members of the course should arrive no later than 4 pm.

The end of the course will be around 9 am on the last day. All meals are vegetarian. All members should follow the 8 Buddhist rules during their stay (I will abstain from killing, I will abstain from taking something, that is not given to me, I will abstain from amoral desire, I will abstain from lying, I will abstain from befuddling drinks and drugs, I will abstain from eating later than 12 a clock, I will abstain from dancing, singing, jewellery, cosmetics and entertainment, I will abstain sleeping at comfortable beds. When the course starts, all members practice "noble silence". Further everyone gets a working-meditation (not more than one hour a day). That means you assist in the kitchen or somewhere.

Please bring along:

Digital alarm clock or Timer (no mobile please)
Comfortable clothing (preferably white or light-coloured),
Slippers, thermos flask, money for 'dana'
Meditation pillow and underlay or blanket.
Everyone who is really interested is heartily invited.
It is not necessary to have experience in meditation.

Vipassana-Meditation

1st of September – 15th of September
2016

Monte da Barroquinha
Tilakkhana Vipassana
Algarve/Portugal

Leadership by

Sandra Luz Cibrian
Ramirez

and

Michael Freund



Participation fee

Donation is base of participation in the course. We do not commend an amount of donation for livelihood, travel-costs and food costs so that everyone can participate in the course. The amount of voluntary donation depends on the financial potential of the participant. That follows the Buddhist tradition which says the value of the Buddhist doctrine can't be balanced with money. Teacher and organizer need money for their own livelihood and for the costs of the course.

Donation and generosity are parts of the spiritual practice. Donation and generosity helps to conserve the Buddhist doctrine and enables everyone to come in contact with.

The costs per person/day are € 25,00 for a bed.

All the houses have double rooms, a kitchen, a bathroom and a living room. Please pay your bed upon arrival in cash.

The houses have a terrace and an outside area.

DANA

“Dana” means gift and generosity.

It encompasses the support of those who unselfishly and openly give their time and knowledge to teach the path of calm, insight and compassionate action.

Dana is a way of thanksgiving: a spontaneous grateful offering which stems from the appreciation of that which was received.

Such generosity cannot be forced. It simply opens when the tree of mindfulness blossoms and finally bears fruit.

Responsibility

The Teacher is not responsible for physical and mental damages which can occur during the course.

Tradition

In the course Vipassana-meditation will be practiced in tradition of venerable Ajahn Tong Sirimangalo (Phra Dhammanagalajarn). Venerable Ajahn Tong is abbot of the monastery “Wat Phra Dhatu Sri Chomtong” in Thailand and is an eminently respectable meditation-teacher. This meditation-technique bases on the tradition of Buddha and is practiced today in monasteries in Thailand. It is an intensive form of the MahasiSayadaw-tradition. The participants will practice attention and so watch the four basics of attention (Body, feelings, intellect and the objects of the intellect) during sitting- and walking-meditation and the daily activities. Because participants will learn by their own experience and their own closely watching it is necessary to be religious.

In individual daily interviews (Report) the teacher will care for you and give you exercises.

Buddha praise the benefit of meditation in Satipatthana-Sutta (M 10):

In the *Satipatthana-Sutta* (M 10) Lord Buddha praised the benefit of this training: This path which everyone must walk alone and for himself leads to the purification of beings, to overcome sorrow and grief, to the disappearance of pain and suffering, to attain the right path, to experience Nibbana. It is named the Fourfold Awakening of Mindfulness.”

Teacher

Sandra Luz Cibrian Ramirez



Sandra Luz Cibrian Ramirez is originally from Mexico and has been practicing Vipassana Meditation since 1990.

Her teachers are the former Venerable Phra Banyat Akkaynoat at Wat Rampoeng in Chiang Mai and Venerable Ajahn Tong Sirimangalo at Wat Phradhatu Sri Chomtong Voravivhara, and the last years Thanat Chindaporn.

Since 1995 she has visited temples on a regular basis to attend meditation retreats. After a short while she also began to assist on retreats, and then started to teach in 1996. Since 2010 she has spent most of her time at Wat Chomthong and teaches there under Kathryn and Thanat Chindaporn.

Over the last years, Sandra has also been invited to Spain and Mexico to teach meditation retreats there, as well as in Malaysia and Indonesia.