

Welcome

The retreat welcomes both beginners and those with prior meditation experience irrespective of religion, gender or age.

To fully benefit from the retreat one does not need to be Buddhist or have knowledge of Buddhism.

Thank you for sending your registration latest 1.5.2017.

For questions or further information, please do not hesitate to contact us.

Registration

I obligatory register me for the following course:

- Basic course, 13 days
- Retreat, 10 days
- (Only if you completed the basic course)
- Some days for practicing

fromto2017.

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:

.....

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 plane: Destination airport: Faro
Arrival by train: Destination: Cabanas de Tavira
Arrival by car: Along on N125 until Conceicao de Tavira (motorway IP1 – toll – exit “Tavira”). Details on request.

Advisable is an arrival until 3 pm on 16.6.17.

If possible please take other members of the course along in your car.

For unexpected events during the journey please call +49 (0) 162 6198749.

Vipassana-Meditation Retreat

17th – 29th of June 2017

**Tilakkhana Vipassana –
Centro de Meditacao**

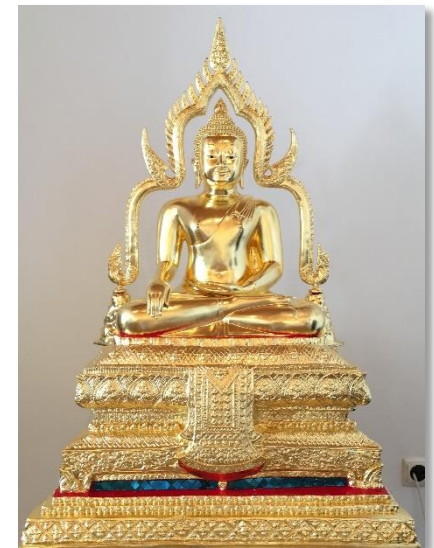
**Monte da Barroquinha -
Algarve/Portugal**

Leadership by

Phra Ajarn Ofer

and

Michael Freund



Length and terms of the course

The beginning of the course is at 5 pm. If possible the participants of the course should arrive no later than 4 pm. The end of the course will be around 9 am on the last day. The meals (breakfast and lunch) 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, jewelry, cosmetics and entertainment,
- I will abstain sleeping at comfortable beds

When the course starts, all participants practice "noble silence".

Please bring along:

- Digital alarm clock or Timer (no mobile please)
- Comfortable clothing (preferably white or light-colored), Slippers, thermos flask, money for 'dana'
- Meditation pillow and underlay or blanket, flowers for the shrine/opening ceremony (white or light colored)

Everyone who is really interested is heartily invited.

It is not necessary to have experience in meditation.

Participation fee

Donation is base of participation in the course. The amount of voluntary donation for the teacher, travel costs of teacher and food for yourself during the retreat depend 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, for the costs of the course and to maintain the center.

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.

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.

Accommodation costs

The costs per person/day are € 25,00 for a bed. All the houses have double rooms (double occupancy) a kitchen, a bathroom and a living room as well as a terrace and outside area. Please pay your bed upon arrival in cash.

Responsibility

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

Tradition

Venerable Phra Ajarn Tong Sirimangalo was born in 1923 and has given his whole life to the practice and dissemination of Vipassana meditation. In the year of 1934 he ordained as a novice and in 1944 he was fully ordained as a monk. In the 1950s he was sent to Wat Mahathat in Bangkok for one year as the only representative of the Northern-Thai Sangha to practice Vipassana meditation based on the Four Foundations of Mindfulness. In the following two years he learned and studied in Burma amongst others with Venerable Mahasi Sayadaw Bhaddantasobhana Mahathera.

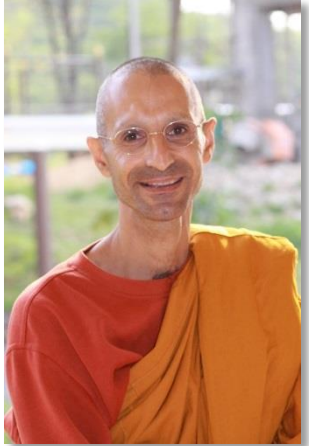
Venerable Phra Ajarn Tong Sirimangalo is one of the most respected meditation teachers in Thailand. Since early 1980s he has also conducted Vipassana courses in Europe and America. Nowadays he predominantly lives and teaches in Wat Phradhatu Sri Chom Tong Voravihara near Chiang Mai in Thailand.

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 Phra Ajarn Ofer



The Venerable Phrakhrubhāvanābhān (Phra Ajarn Ofer Thiracitto) has been practicing Vipassana meditation since 1989. First at Wat Rampoeng in Chiang Mai thereafter at Wat Phradhatu Sri Chomtong Voravihara with the Venerable Phra Prom Mongkol Vi (Phra Ajarn Tong Sirimalango) and Luang Poh Banyat Akkayano, under the instruction of Khun Thanat and Khun Kathryn Chindaporn. 1998 he was authorized to be meditation teacher by Venerable Phra Ajarn Tong Sirimangalo. For several years Phra Ajarn Ofer taught meditation in Israel before he ordained as a monk in Thailand in 2001, followed by several years as monk and meditation teacher at a Buddhist temple near Frankfurt, Germany. 2006 he followed an invitation of his students back to his homeland Israel. He was awarded with the "Annual Benefactor of Buddhism Award" for his service in the Dhamma in May 2010 in Chiang Mai, Thailand. Another award followed in May 2011 in Bangkok by HRH Princess Maha Chakri Sirindhorn of Thailand, the Award of the "Sao Sema Dhammacakka" (also known as the Golden Pillar of the Dhamma) for benefactors of Buddhism, awarded for introducing and spreading the Dhamma abroad.

At the moment Phra Ajarn Ofer is teaching courses in various places in the world.

Teacher Asher Gal



Asher Gal from Israel is practicing Vipassana meditation since 1988. His teachers are the late Venerable Phra Banyat Akkaynoat at Wat Rampoeng in Chiang Mai, Venerable Ajarn Tong Sirimangalo at Wat Phradhatu Sri Chomtong and the last years Khun Thanat Chindaporn. He was awarded with the "Annual Benefactor of Buddhism Award" for his service in the Dhamma by the Sangha in May 2014 in Chiang Mai, Thailand. Another award followed in May 2016 in Bangkok by HRH Princess Maha Chakri Sirindhorn of Thailand, the award of the "Sao Sema Dhammacakka" (also known as the Golden Pillar of the Dhamma) for benefactors of Buddhism, awarded for introducing and spreading the Dhamma abroad.

Asher began teaching in Thailand in 2006. He has been invited to teach in Israel, Germany, Russia and the Czech Republic.

Teacher Michael Freund



Michael Freund is originally from Germany and has been practicing Vipassana Meditation since 2010. His teachers are Khun Thanat Chindaporn and Khun Kathryn Chindaporn at Wat Chomtong. There he has spent several months meditating during the years under instructions of his teacher Khun Thanat Chindaporn. 2012 he began assisting in retreats and since 2015 he is teaching under Khun Thanat.

In 2016 Venerable Phra Ajarn Tong Sirimangalo authorized him to be a meditation teacher.

In 2016 he moved to The Algarve in Portugal to build up a center for Vipassana Meditation.