

## 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 10.04.2020.

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

**Please note due to limited capacity, registration will be handled in first come, first serve basis.**

## Accommodation & Food Costs

Accommodation will be in a rented house close by.

The costs per person/night are € 25,00 for a bed. All rooms are double rooms (double occupancy). Single occupancy only upon special request and availability. For food (vegetarian meals) we charge € 15,00/ day and person.

**Please pay for your bed and food upon arrival in cash.**

## Registration

For registration please use the separate form.

Registration is possible for the following courses:

- Basic course, 14 days
- Retreat, 10 days  
(Only if you completed the basic course)
- Some days for practicing  
(Please request space in advance)

## Contact

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## Tilakkhana Vipassana – Centro de Meditacao

“Monte Agudo” is located close to Santo Estevao/Tavira. Surrounded by nature and with lovely views to the “Serra”.

Arrival by plane: Destination airport: Faro  
Arrival by train: Destination: Tavira

Arrival by car: Along on N125 until Tavira, then following signs Santo Estevao.  
Motorway IP1 (toll) exit “Tavira”.  
**Details on request.**

Advisable is an arrival until 5 pm on 05.06.2020.  
The opening ceremony is scheduled for 6 pm.

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

5<sup>th</sup> – 21<sup>th</sup> of June 2020

Tilakkhana Vipassana -  
Centro de Meditação

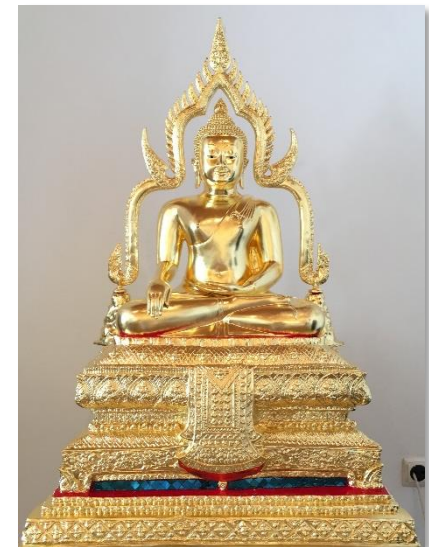
Monte Agudo  
Algarve/Portugal

Teachers:

**Phra Ajarn Ofer**

and

**Michael Freund**



## Length and terms of the course

The beginning of the course is at 6 pm. If possible the participants of the course should arrive no later than 5 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 phone please)
- Flashlight
- Mosquito Repellent
- Sunprotection: Sunblocker, Hat
- 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 livelyhood 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.**

## Responsibility

The Teachers are 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.

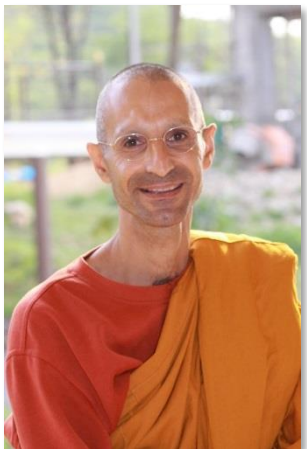
Venerable Phra Ajarn Tong Sirimangalo was one of the most respected meditation teachers in Thailand. Since early 1980s he had also conducted Vipassana courses in Europe and America. He lived and taught in Wat Phradhatu Sri Chom Tong Voravihara near Chiang Mai in Thailand, where he died in December 2019.

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 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 Phradhatu Sri 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.

Michael was awarded with the "Annual Benefactor of Buddhism Award" for his service in the Dhamma in April 2018 in Monte Agudo, Portugal.