



Tathagata Meditation Center

1215 Lucretia Ave, San Jose CA 95122 Tel: (408) 294-4536 Website: www.tathagata.org

A Special Vipassana Meditation Retreat Under the Guidance of Sayadaw Thuzana From September 1-30, 2017

Dear Yogis,

We would like to invite you to participate in a special 30-day *Vipassanā* retreat under the guidance of Sayadaw Thuzana at Tathāgata Meditation Center (TMC) from 5 AM September 1 to 12 Noon September 30, 2017.

Sayadaw Thuzana is the current Abbot of Tathāgata Meditation Center (TMC). Before coming to TMC in May 2011, he was the chief meditation master at Malaysian Buddhist Meditation Center (MBMC) in Penang, Malaysia from 2003-2010. From 2000-2003, he was an assistant to the late Sayadawgyi Panditābhivamsa at Hse-mine-gone Meditation Center in Bago, Myanmar. In this capacity, he taught *Vipassanā* meditation to many local and foreign yogis.

The retreat program consists of *Vipassanā* meditation practice, Dhamma talks, interviews, questions and answers. The daily practice during the retreat starts at 5 A.M. and ends at 10 P.M. Interested yogis should fill out the enclosed registration form and mail it back with full retreat fee to TMC as soon as possible. Applications will be accepted based on the first-come-first-serve basis with priority given to full-time yogis. The center will inform yogis about their status within two weeks after receiving their applications or by August 21.

Once accepted, please bring sleeping bag or blanket, a bottle, and other daily necessities with you when coming to the retreat. For those yogis planning to attend right from the beginning of the first day of the retreat, please check in between 5 P.M. and 10:00 P.M. on August 31. Room assignment and orientation packet will be handed out upon checking in with the TMC's retreat coordinator or registrar at the office.

Should you have any questions regarding the retreat, please contact Son Tu at 408-391-3690 or sontusila@gmail.com.

May you all be well, happy and peaceful!

In Metta,
Tathagata Meditation Center