



# MEDITATION RETREAT PROGRAM

Hosted by

Waterloo Wellington Buddhist Monastery and Meditation Centre (WWBMMC)  
229 Royal Oak Road, Cambridge, ON N3E 0A5

## Meditation beyond Existence

Dhamma discussion and 14-day meditation retreat will be hosted by WWBMMC, Cambridge, Ontario. Make use of this meritorious opportunity to participate in a meditation retreat.

*"You yourselves must strive; the Buddhas only point the way. Those meditative ones who tread the path are released from the bonds of Mara". Dhamma padaya, Maggavagga: The Path.*

- The Dhamma discussions will be held at WWBMMC, Cambridge on Saturday June 24<sup>th</sup>, Sunday June 25<sup>th</sup>, Monday June 26<sup>th</sup>, Saturday July 1<sup>st</sup> and Sunday July 2<sup>nd</sup>, 2017 from 9.00 am to 5.00 pm. It is recommended that you attend the Dhamma discussion before the meditation retreat.
- 14-day meditation retreat will be held at Residence and Conference center, Kitchener – Waterloo (99, Conestoga Collage Blvd, Kitchener, ON, N2P 2N5) on Monday July 3<sup>rd</sup> to Sunday July 16<sup>th</sup>, 2017 (both days inclusive) from 8.00 am to 8.00 pm. You may select the days at your convenience as it is not compulsory to attend all days.
- The meditation retreat will be conducted by the Ven. Walasmulle Abhaya Thero. More information about how to prepare for the meditation can be found at <http://www.nirapekshathwayemaga.com/>

### Registration:

- Please register before **April 21, 2017** for both Dhamma discussion and meditation retreat. Please [register online](#)
- Registration for meditation retreat
  - Registration is "first-come first-serve" basis and may terminate when maximum capacity is met.
  - Please **deposit \$50** in the given bank account before registering to support initial program planning expenses

### Accommodation:

- We have tentatively reserved accommodation for you at the **Residence and Conference center, Kitchener – Waterloo.**
- We have selected private two bedroom suits with two double beds that can accommodate maximum of 4 participants for a cost of **\$15/person/day**. However, if you do not wish to share a bedroom please indicate this when registering.
- **Please ensure that you select all days that you wish to use the residence when registering.**

### Payments and Food

- Payments may be made by cheques and direct deposits
  - Cheques payable to "WWBMMC Retreat" and mailed to **229, Royal Oak Road, Cambridge, ON, N3E 0A5.**
  - For direct deposits use the **Bank Account information**  
Transit number\_01632  
RBC number\_003  
Bank Account No\_1015098  
Account Holder Name\_WWBMMC Retreat, Bank Address: RBC Royal Bank, 480 Hespeler Rd, Cambridge, ON N1R 7R9, Bank Tel: (519) 623-1012
- Organisers will arrange breakfast, lunch, light dinner and tea for all participants. Please indicate your food preferences and allergies (if any) when registering.

### For further information

- E-mail: [Nirapekshathwayemaga-ontario-canada@outlook.com](mailto:Nirapekshathwayemaga-ontario-canada@outlook.com)
- Phone: Tissa – (416) 358-9876; Mangalika\_ (416) 278-2357; Suramya\_ (519) 362-6376; Ishari\_ (519) 729-4697
- WWBMMC website: <http://www.wwbca.ca/>