



NEW YEAR'S 10 DAYS MEDITATION SECLUSION IN ĀRĀMA KARUṆĀ SEVENA 29TH DECEMBER 2017 - 7TH OF JANUARY 2018

We would like to kindly invite you to participate in the New Year's meditation seclusion led by the Czech Buddhist nun Venerable bhikkhunī Visuddhi.

Place: ārāma Karuṇā Sevena, Slezska 3, Prostějov, 1st Woman Buddhist ārāma (monastic dwelling) in Czech Republic, 796 01, Prostějov, Czech Republic, E.U. The closest airport is located in Brno (1 hour drive). Other options are Vienna or Prague (2.5 hour drive).

INSTRUCTION FOR NEWCOMERS:

Arrival is on **Friday, ideally before 6PM**. An accommodation is now possible for women and men in the neighboring house (*Viveka*) for practitioners. Please, bring a sleeping bag, a bed sheet, a towel, slippers and items for personal hygiene. Take with you also enough warm cloths.

The Program starts with **DHAMMATALK on Friday at 7PM** and by acceptance of the Eight Ethical Precepts. Noble Silence will be kept the entire time of seclusion. The meditation instructions for *satipaṭṭhāna* a *mettā* practises will be given throughout the program. We invite all interested participants, beginners as well as advanced practitioners.

We would like to encourage you to sign up for the meditation seclusion as soon as possible, since the number of meditators is limited!

The Buddha's Teaching is **being passed** as a gift (*dhammadāna*). Monastic life is, in the same way as in the time of Buddha, dependent on donations and a support of lay people. By your voluntary contribution, you will support the nunhood of Venerable bhikkhunī Visuddhi and the running of the ārāma Karuṇā Sevena in the Czech Republic.

Please, read and sign [Terms and conditions of stay](#) and [Daily Programme and Schedule in ārāma Karuṇā Sevena](#). Please, follow the news on the web <http://karunasevena.blogspot.com/>

You can also ask for more information and book your place via email: karuna.sevena.cz@gmail.com. You will receive more instructions.

We are looking forward to see you in the Dhamma.



Karuṇā Sevena

<http://www.karuna-sevena.cz>, <http://karunasevena.blogspot.com/>