

MEDITATION, DHAMMA STUDY WORKSHOP

19-20-21-22 July, 2018

WAT PHRAMAHAJANAKA

498 STEELE RD., GRIFFIN, GA 30223

Tel. (404)717-5104, (678) 692-8384

www.watphramahanaka.org

E-mail:watphramaha@hotmail.com



Learn How to Eradicate Stress, Tension and Anxiety.

Learn Total Relaxation; Practice Mind Purification

Heal Body and Mind; Balance Reason and Emotion

Achieve Inner Peace, Harmony & Enhance Happiness in Life

Join internationally well-known Meditation and Spiritual Healing Master, Ven. Phra Videsratanaporn (Dr. Phramaha Thanat), Secretary-General of the Council of Thai Bhikkhus in the U.S.A., Thai Buddhist Missionary from Wat Thai Washington, D.C. Enjoy learning a most valuable technique for living a life of peace & joy.

Don't miss this opportunity to study Buddhist meditation and deepen your understanding of these timeless teachings.

The program will start at 06:00 p.m. on Thursday, July 19th, 2018. Please arrive at the temple by 5:30 p.m. The program will include Buddha's teaching, sitting, standing and walking meditation with instructions, individual interview and basic yoga practice. Please wear loose comfortable cloths, preferably white to honor Thai Buddhist's tradition. Bring a meditation cushion and yoga mat if you have. Lunches are provided by the temple. For the break time, juice, tea and drinks will be provided all day. The Schedules are as follows;

Thursday, July 19, 2018

5:30 p.m. Registration.

6:00 p.m. Evening chanting.
6:30 p.m. Welcome Speech-Taking five precepts.
7:00 p.m. Introduction to meditation.
8:00 p.m. Keep practicing moment to moment mindfulness.
9:00 p.m. Spread Loving kindness and adjournment.

Friday, July 20, 2018

5:30 a.m. Wake up call-Bell.
6:30 a.m. Morning chanting.
7:00 a.m. Breakfast. (Served to Monks)
9.00 a.m. Meditation techniques
9.30 a.m. Keep practicing moment to moment mindfulness.
10:30 a.m. Meditation (sitting, walking and standing).
11:00 a.m. Lunch served for the monks.
11:15 a.m. Lunch break for meditation practitioners.
12:30 p.m. Mindfulness with moving meditation.
1.30 p.m. Sitting meditation with mindfulness.
2.30 p.m. Yoga Practices.
4.00 p.m. Tea break
6.00 p.m. Evening Chanting.
7.00 p.m. Keep practicing moment to moment mindfulness.
8.00 p.m. Dhamma talks-Question & Answer.
9.00 p.m. Spread Loving kindness and adjournment.

Saturday, July 21, 2018

5:30 a.m. Wake up call-Bell.
6:30 a.m. Morning chanting.
7:00 a.m. Breakfast. (Severed to Monks)
9.00 a.m. Meditation technique
9.30 a.m. Keep practicing moment to moment mindfulness.
10:30 a.m. Meditation (sitting, walking and standing).
11:00 a.m. Lunch served for the monks.
11:15 a.m. Lunch break for meditation practitioners.
12:30 p.m. Mindfulness with moving meditation.
1.30 p.m. Sitting meditation with mindfulness.
2.30 p.m. Yoga Practices.
4.00 p.m. Tea break
6.00 p.m. Evening Chanting.
7.00 p.m. Keep practicing moment to moment mindfulness.
8.00 p.m. Dhamma talks-Question & Answer.
9.00 p.m. Spread Loving kindness and adjournment.

Sunday, July 22, 2018

5:30 a.m.	Wake up call-Bell.
6:30 a.m.	Morning chanting.
7:00 a.m.	Breakfast. (Served to Monks)
9.00 a.m.	Meditation technique
9.30 a.m.	Keep practicing moment to moment mindfulness.
10:30 a.m.	Meditation (sitting, walking and standing).
11:00 a.m.	Lunch served for the monks.
11:15 a.m.	Lunch break for meditation practitioners.
12:30 p.m.	Mindfulness with moving meditation.
1.30 p.m.	Sitting meditation with mindfulness.
2.30 p.m.	Yoga Practices.
3.30 p.m.	Question & Answer, Evaluations.
4.00 p.m.	Closing ceremony

MEDITATION INSTRUCTOR:

Ven. Phra Videsratanaporn (Dr.Phramaha Thanat)

Meditation Master and President of Wat Thai Washington, D.C.

Ven. Meditation Master from Vajrayana tradition TBA

NOTE :- Meditation workshop is opened to the public free of charge, donation is always welcome. The Mental detoxification program is suitable for everyone who wants to improve the health and mental development.

TO REGISTER AND/OR FOR INFORMATION CONTACT: (Contact persons)

Phra Videsratanaporn (Dr.Handy) Tel. (202) 236-7442, E-mail: dr.handymonk@gmail.com

Phrakrupiyadhammavides (Pasan) Tel. (404) 717-5104, E-mail:watphramaha@hotmail.com

Prasarn Manakul Gen. Secy. IBAA Tel. (703) 459-3393, email: pm.manakul@gmail.com