



WBD Forest Monastery
wisemans ferry nsw australia

Still Mind Happy Mind Weekend Retreat with Venerable Khemavaro

Dates:

Friday, 4th Dec from 6pm
through Sunday, 6th Dec
1pm.

Venue:

WBD Forest Monastery
Ten Mile Hollow
Wisemans Ferry NSW 2775
Australia

Cost: By Donation

Registration:

Registration for the retreat by
downloading & filling out an
Application Form at
www.wbd.org.au & send it to
wbdretreats@gmail.com

For more information:

+61 (0)2 4323 3193
office@wbd.org.au
www.wbd.org.au

About The Teacher

Venerable Khemavaro was born in Vietnam in 1966. At the age of nine he moved with his family to live in California, USA. He obtained his BA in Philosophy at Claremont McKenna College, Southern California.

Except for a brief stint as a Peace Corps Volunteer in Niger, West Africa, most of his jobs have been in the Banking/Finance Sector. While working as a Stockbroker in Bangkok, he became interested in Buddhism and Meditation. He began his monastic training at Wat Pah Nanachat (International Forest Monastery) Ubon Thailand in 1999, and was ordained as a Bhikkhu in Ajahn Chah's Tradition in 2000. Inspired by Ajahn Brahm's light-hearted yet profound Dhamma talks, he asked to come to Perth to train at Bodhinyana Monastery, where he resided for eight years.

Since 2005, Ven Khemavaro has been spreading the Word of Brahm in the USA, Singapore and Australia.

Is the hustle and bustle of a busy life wearing you down? Why not treat yourself to a weekend of bliss? Indulge your mind in a weekend of peace and stillness.

Wat Buddha Dhamma, surrounded by miles of beautiful bush land is the perfect place to meditate. Come and invigorate yourself through simple techniques of calming the mind.

We will be exploring Body Awareness and Metta meditation (Loving Kindness) to heal the body and sooth the mind.

The course is suitable for beginners and intermediate students of meditation.

Retreatants are asked to observe the 8 precepts and Noble Silence:

- ❖ I undertake to abstain from taking life.
- ❖ I undertake to abstain from taking what is not given.
- ❖ I undertake to abstain from all sexual activity.
- ❖ I undertake to abstain from eating at incorrect times.
- ❖ I undertake to abstain from telling lies.
- ❖ I undertake to abstain from using intoxicants.
- ❖ I undertake to abstain from entertainments and adornments.
- ❖ I undertake to abstain from a high and luxurious bed.



Wat Buddha Dhamma
Forest Monastery