



Lama Lodro

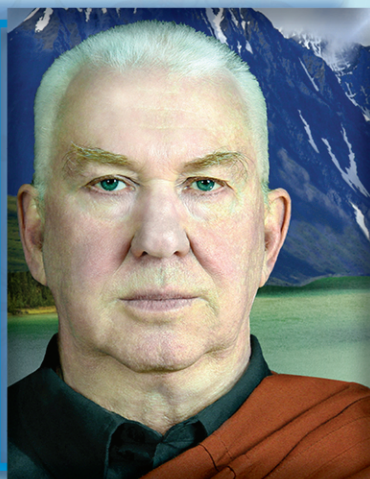
VIPASSANA

**Insight Meditation Retreat
Burmese Mahasi Lineage
MAY 2 to MAY 16, 2014**

Vipassana meditation develops mindfulness (continuity of observation) and awareness (penetrating into the meaning of what is observed). That Vipassana insight is the goal of Satipathāna mental cultivation.

In the Satipathāna Sutta, the Buddha said: This is the direct path for the purification of beings, for the down-going of grief and suffering, for the realization of the Inner Peace and Great Bliss that is Nibbana (Nirvana).

Mahasi Vipassana alternates every hour between walking and sitting meditations. In the Mahasi tradition, all retreatants will have a formal 3-minute meditation interview every day with Lama Lodro. This retreat is open to novices and experienced meditators. All meals are vegetarian.



Lama Karma Tsundulp Lodro is a mystic yogi, artist, photographer, grass-roots naturalist, and multi-faceted meditation teacher. Ordained in Thailand as a Theravada Buddhist Bhikkhu, he also trained in the Orient as a Meditation Lama in the Kargyu and Sakya lineages of Tibetan Buddhism. Lama Lodro and his wife live in the Yukon.

www.LamaLodro.ca

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