



Grounding and Resilience through Ānāpānassati (Mindfulness of Breathing)

A Two Day Online Retreat
with
Ayya Santussikā
November 14th and 15th, 2020
9 am to 4 pm (PDT)



The Topic: The power and flexibility of Mindfulness of In-and-Out Breathing (Ānāpānassati), as a core practice, can carry us all the way to complete freedom from suffering. Along the way, this practice helps us develop a strong basis for grounding and resilience in meeting life's challenges.

During this weekend, we will practice with details of the 16 instructions, as presented in the suttas, as well as explore the many ways this practice can support us in daily life.

The Teacher: Ayya Santussikā is a Theravada bhikkhuni who is trained and practicing in the Thai Forest tradition. Her faith in the Dhamma developed during many visits to monasteries of Ajahn Chah and his disciples in Thailand, America, England, New Zealand and Australia beginning in 1998. She has been training as a nun since 2005 in large and small monasteries in both England and America. In 2012, she received full ordination as a bhikkhuni and founded Karuna Buddhist Vihara, where she currently lives, located in the Santa Cruz Mountains near Boulder Creek, California. Her Dhamma teachings are primarily based on the Pali suttas.

Ayya offers the Buddha's teachings with clarity and strength, by means of a humble and kind presence. We are very fortunate she is offering this retreat. For more information on her interesting history and current projects, we recommend you go to her website at: <http://www.karunabv.org/>

To Register: send name and email to BIMSretreats@gmail.com
Connection details will be emailed to registrants.

Cost: In keeping with the teachings and spirit of generosity, this retreat is freely offered. No one will be turned away for lack of funds. Opportunities to donate (give dana) are below.

Dana for the **Karuna Buddhist Vihara** may be made by check or PayPal. For details, go to:
<http://www.karunabv.org/donations.html>

Donations to help offset BIMS organizational costs may be made by check or PayPal (US Funds only).
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