

**TMH Month-long Vipassana Online Retreat**  
**with Sayadaw U Vivekananda & Sayalay Daw Vimalanani**

**April 3 - May 1, 2022**

*The Mountain Hermitage* is pleased to offer an ONLINE month-long *Vipassana* retreat taught by Sayadaw U Vivekananda and Sayalay Daw Vimalanani in the Spring 2022. This online retreat will be conducted through Zoom. The daily schedule will include approximately 5h 45m sitting meditation, 4h 30m walking meditation, an evening Dhamma talk, and individual practice meetings with the teachers. TMH will provide the necessary set-up for streaming Dhamma talks and individual practice meetings. This retreat will be taught according to the meditation instructions given by the late Ven. Mahasi Sayadaw and it is a necessity that retreatants practice according to these instructions.

This online retreat is suitable for experienced practitioners. This retreat is capped at 16 retreatants so early application is encouraged.

A scholarship fund has been established to offer financial aid to those who would otherwise not be able to attend and to promote diversity. There is no fee required of monastics who would like to attend this retreat (spaces are limited). Applications and deposits are requested by March 15, 2022. Late applications will be considered on a space available basis.

#### **DESCRIPTION OF THE PRACTICE**

As taught in the tradition of the late Venerable Mahasi Sayadaw of Myanmar, *Vipassana* meditation consists of continuous mindfulness in sitting and walking meditation, and in all general activities. During sitting meditation one's awareness is directed to the most prominent physical or mental object of observation, beginning with the rising and falling movement of the abdomen. Slowing down bodily movements throughout one's daily activities and restraining the senses are essential aspects of the practice. Meditators are supported and guided in their practice through regular interviews and *Dhamma* discourses. All meditators are encouraged to observe the 'Eight training precepts' if possible; and to maintain 'Noble silence' throughout the course of the retreat.

Through an unbroken and continuous observation of distinct physical and mental objects arising in one's meditation, a meditator will come to understand the three universal characteristics of all phenomena; that they are impermanent, unsatisfactory, and void of an abiding self. The ultimate aim and primary benefit of this *Vipassana* practice is the attainment of path knowledge and fruition knowledge, which take '*Nibbana*', the State of Peace, as an object.

The mind has a tendency to be dominated by various unwholesome mental states such as greed, anger, fear, ignorance, pride, wrong views, doubts, laziness, restlessness, and worry, to name just a few. These can be seen as the causes for suffering, both in us and in all beings. Through careful observation these unwholesome mental states will subside, allowing wholesome mental states to arise in their place. Mental states such as effort, mindfulness, concentration, intuitive wisdom, joy, tranquility, peace, happiness, loving kindness, compassion, empathy, equanimity, contentment, and patience reduce suffering and increase a person's mental and physical well-being. This is known as the purification of the mind, which is another major benefit of *Vipassana* meditation.

This Month-long Vipassana Online Retreat offers a unique practice opportunity. In order to benefit from this environment, applicants need to be largely self-sustaining in their practice and be comfortable in unbroken silence and solitude. All participants must be mentally stable and physically able to care for themselves. Any special needs must be discussed and agreed to in advance, as the staff is very small and cannot accommodate high levels of support for any individual.

It is asked that retreatants commit themselves fully to the retreat. All business and family obligations should be taken care of prior to arrival so that practice can be uninterrupted. At the bottom of this page is a document that has some suggested guidelines for setting up your retreat space at home and for navigating an online retreat.

## **PREREQUISITES FOR THIS RETREAT**

You must have sat three or more 7-10 day retreats or a retreat of one month or longer.

These retreats must have been led by a recognized teacher. Details of the qualifying retreats, including teachers' names, dates, location and length of the retreat, must be documented on the application form.

This retreat is capped at 16 retreatants so early application is encouraged.

## **TEACHERS**

Venerable Sayalay Daw Vimalanani is a resident teacher at the Panditarama International Meditation Centre in Lumbini, Nepal. Born in 1972 Sayalay carries the title Dhammacariya which qualifies her to teach the Buddhist scriptures. Since the 1990's she has been working as an interpreter and teacher for Buddhist scriptures in Myanmar and Nepal.

Sayādaw U Vivekananda has trained under the Ven. Sayādaw U Panditabhivamsa of Myanmar since 1988. He is the resident teacher and abbot at [Panditarama Lumbini International Vipassana Meditation Center](#), Lumbini, Nepal. He has been teaching in the tradition of the Ven. Mahasi Sayādaw since 1998. Ven. Vivekananda guides meditators in a precise and encouraging manner through daily yogi interviews.

## **FEES**

Fees are on a sliding scale to allow you to pay according to your means. Our actual cost for the month per retreatant is \$550. A portion of our scholarship fund is being allocated for this retreat to allow us to continue to offer the low range on the sliding scale. Please pay as much as you are able to allow others to attend who need to pay less. Any amount above \$550 will be gratefully received and treated as a tax-deductible donation.

### **Sliding Scale fees:**

**\$350 (low) \$550 (actual cost) \$800 (benefactor)**

Some additional scholarship funds are available. Please fill out the special scholarship application form and include this with your regular application form.

*The Mountain Hermitage* will gratefully receive donations to our scholarship fund to enable those in financial need to attend this retreat. Donations are tax-deductible and should be marked 'Scholarship Fund'.

## **DANA**

*DANA*, an ancient *Pali* word meaning generosity, giving, or gift, is central to the 2,600-year-old tradition of Buddhism. The teachings of the Buddha are held to be beyond any price and have been offered freely since the time of the Buddha. This retreat is offered in that same spirit.

The early teachers received no payment for their instruction. In Buddhist countries, traditionally, it has always been understood that the lay community, through their voluntary generosity (their *dana*), provide physical support - the basic needs of food, clothing, shelter and medicine - for the monks and nuns. In turn they were/are offered guidance and teachings in their own practice by this monastic sangha.

This practice of *dana* has been a very significant pillar in keeping the Dhamma (teachings) alive. The generosity of the laity towards the practical support of the monastic community since ancient times, is what has kept the

Dhamma spreading through the world. Western teachers have continued this tradition of offering the teachings freely. In our culture, where no real training exists in living generously, it is a new practice for us in both offering and receiving the Dhamma.

Dana is not only a practical matter; it also plays a crucial role in the spiritual life of a Dhamma practitioner. Generosity is the first of the ten paramis, or qualities of character, to be perfected in spiritual life. The very act of giving is of immeasurable benefit to the giver, for it opens the heart, lessens self-absorption, and serves the well-being of others.

The Mountain Hermitage fees for this retreat only cover basic expenses and operating costs. The teachers offer the Buddha Dhamma without any set fee, and depend on the generosity of students for the support of their daily life needs. Giving to the teacher, from the heart, whatever feels appropriate, is the practice of Dana. You may also wish to offer Dana to the staff, or to the Hermitage itself to support operating expenses or future scholarships.

### **USE OF FEES**

Your fees for this *Month-long Vipassana Online Retreat* will be used to pay for: various administrative costs that arise from the online format, other general retreat expenses; and modest stipends for the teachers and retreat managers.

### **DEPOSIT**

Your deposit is the retreat fee that you are able to pay. Please include this with your application.

The retreat fee will not be banked until your registration is confirmed. The fee will be returned in full to those not accepted, or to those who are on a waiting list at the time that the retreat begins.

### **PAYMENTS**

The full fee amount must accompany your application. Please refer to scholarship application/information form below for information on the fee amount that needs to accompany scholarship applications. No monies will be banked until you are accepted in the retreat.

Please pay by check or money order in US funds, drawn on a US bank. We cannot accept foreign cash or foreign bank drafts, but we can accept international money orders in US dollars. If you would like to pay by credit card, please contact Kathy at [hermitage@mountainhermitage.org](mailto:hermitage@mountainhermitage.org)

Checks/money orders should be made payable to *THE MOUNTAIN HERMITAGE*.

### **CANCELLATION POLICY**

Cancellation fees apply to all confirmed registrations.

Cancellations received on or before March 20, 2022: your fee will be returned minus a \$25 cancellation fee.

Cancellations received on or before March 21, 2022, including non-attendance at the retreat: your fee cannot be refunded.

CANCELLATION FEES WILL BE APPLIED TO *THE MOUNTAIN HERMITAGE* SCHOLARSHIP FUND (after the cost of the retreat is covered). In the event of specific, unusual emergency circumstances, the cancellation policy can be discussed with *The Mountain Hermitage* Office Manager. If you attend the retreat but for some reason decide on your own to leave early, the fee you have paid cannot be refunded to you.

## **APPLICATION**

Anyone interested in attending this one-month online retreat should read this document and the separate Practice Guidelines and Online Retreat Guidelines. Then, complete the Application form and Waiver of Liability, attach your deposit, and mail to: *The Mountain Hermitage*, PO Box 807, Ranchos de Taos, NM 87557. You can also email us your forms and pay your fee online.

Applications and fees are requested by March 15, 2022. Late applications will be considered on a space available basis. This retreat is capped at 16 retreatants so early application is encouraged.

Each application will be carefully reviewed. In some cases, a personal or phone interview will be conducted with one of the teachers prior to determination of suitability for this type of practice. All applications are processed by date received. We will respond within 10 days from receipt of your application. If your application is not accepted for this retreat, your fee will be returned in full.

## **WAIT LIST**

Places are limited to 16 practitioners, so early application is advised. Once the retreat is full, you will be notified and placed on a wait list, and we will contact you if a place opens up. If it does not, then your fee will be returned.

If you are placed on the wait list and you then cancel your registration before a space has become available, your fee will be returned.

If you are placed on a wait list and are unable to attend the retreat, please let us know immediately. As long as your name remains on a list, we assume you wish to attend. If a space becomes available, we will automatically confirm your registration. Once you are confirmed for a retreat, you are liable for applicable cancellation fees if you subsequently cancel.

## Printable Documents and Forms...

- Introduction (print-friendly version of this page)
- Practice Guidelines
- Online Retreat Guidelines
- Application (Word format document which can be emailed to TMH - preferred method)
- Application (PDF format document which can be mailed to TMH)
- Waiver of Liability (Word format document which can be emailed to TMH - preferred method)
- Waiver of Liability (PDF format document which can be mailed to TMH)
- Scholarship Application & Information (Word format document which can be mailed to TMH)
- Scholarship Application & Information (PDF format document which can be emailed to TMH - preferred method)
- Retreat Flyer