

**SARANALOKA FOUNDATION**

*Supporting Western Theravada Buddhist Nuns in the Forest Tradition of Ajahn Chah and Ajahn Sumedho*

**Ajahn Thitamedha and Ajahn Santacitta**  
**April 29, 2010 - May 2, 2010**

*"Cultivating the Heart - Embracing the Present Moment"*

Saranaloka Foundation is pleased to invite you to participate in a three-day meditation retreat at Hidden Villa Hostel (26870 Moody Road, Los Altos Hills, California 94022). This is an opportunity to experience a short monastic retreat in a quiet and reflective environment. We will explore together how to bring space into our daily lives, by opening our hearts to what is arising at any moment.

This retreat is an opportunity to deepen practice using the Four Foundations of Mindfulness as a basis for contemplation and to cultivate the courage to look deeply into our experience, for the sake of a life truly lived. Insight meditation is a simple and direct tool, the moment-to-moment investigation of the mind/body process through calm and focused awareness, leading to freedom from habitual tendencies that cause stress in our lives.

Leading the retreat are two senior nuns: Ajahn Thitamedha and Ajahn Santacitta.



Ajahn Thitamedha was born in 1961 in Russia and graduated as a medical doctor. In 1992 she took Refuge in the Vajrayana tradition and after becoming an Anagarika at Amaravati in 1994, she took higher ordination as Siladhara in 1996. Currently Ajahn Thitamedha is one of the senior nuns leading the Siladhara community at Chithurst monastery in the UK.



Ajahn Santacitta was born in Austria in 1958. She studied cultural anthropology at Vienna University and met her first teacher, Ajahn Buddhadasa, in 1988. After becoming an Anagarika at Amaravati in 1993, she spent part of her training in Thailand. In 1998 she received Siladhara ordination. Currently Ajahn Santacitta resides at Aloka Vihara in San Francisco with the intention to establish a training monastery for woman.

Over the course of each day the nuns will offer meditation instructions, Dhamma reflections, opportunities for dialogue and devotional chanting (puja). Mary Nipper, an experienced yoga instructor, will teach a yoga session on Friday and Saturday. Observing the Eight Precepts and Noble Silence will provide a monastic framework for this retreat. Breakfast and a midday meal will be served each day, as well as hot and cold beverages in the evening.

Accommodations will be multiple-occupancy dormitory-style rooms, and the facility has limited wheelchair accessibility. We are unable to accommodate any special dietary or environmental needs. Incense and candles are used at the morning and evening chanting periods. This monastic residential retreat for women and men will fill quickly as spaces are limited at the Hidden Villa to 26 retreatants.

The retreat will be offered solely on a dana (donation) basis, and dana will be tax deductible. A refundable registration deposit of \$100 is required to register for this retreat. For those who attend the retreat, the deposit can be refunded in full or can be offered as a donation to Saranaloka Foundation to help defer costs incurred. If you must cancel, please give as much notice as possible, preferably at least 30 days in advance, by emailing Mindy Zlotnick ([mindyzlotnick@hotmail.com](mailto:mindyzlotnick@hotmail.com)) and your deposit will be refunded or redirected upon request. Out of respect for others, please register only when you can make a clear, wholehearted commitment to attend.

To register, please complete the following information (below) or visit our website [www.saranaloka.org](http://www.saranaloka.org). For questions about Mary Nipper's yoga, email Mary at [mary.nipper@lamrc.com](mailto:mary.nipper@lamrc.com).

***What is the Saranaloka Foundation?***

*Saranaloka Foundation is a Federal Nonprofit 501(c)(3) Corporation with headquarters in San Mateo, CA. A group of lay volunteers started Saranaloka in 2005 in order to encourage and sponsor visits by the nuns, creating a community of support to found a new monastery for the nuns in the U.S. Many dozens of volunteers have stepped forward to help this vision to unfold. If you would like more information, please check the website at [www.saranaloka.org](http://www.saranaloka.org).*

**Spring Monastic Retreat  
with  
Ajahn Thitamedha and Ajahn Santacitta  
April 29, 2010 - May 2, 2010**

*"Cultivating the Heart - Embracing the Present Moment"*

Name \_\_\_\_\_ Tel \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_ Zip \_\_\_\_\_ Gender \_\_\_\_ Age \_\_\_\_\_

Email address \_\_\_\_\_

(please include e-mail address (and print clearly), as this will be the primary means to send you retreat information)

Have you previously attended a silent meditation retreat?

\_\_\_\_ yes \_\_\_\_ no

**Mail this form and \$100 deposit, payable to Saranaloka Foundation, to:**

Mindy Zlotnick  
41 Belcher Street  
San Francisco, CA 94114

For more information, contact Mindy at [mindyzlotnick@hotmail.com](mailto:mindyzlotnick@hotmail.com). Information about Saranaloka Foundation is available at [saranaloka.org](http://saranaloka.org).

Thank you!