



Ayutthaya Riverside

One-Day Meditation Retreat

Ayutthaya Riverside One-Day Meditation Retreat for a Peaceful Mind



About Us

We are now providing a rejuvenating one-day meditation retreat rooted in Theravada Buddhist principles. Immerse yourself in a peaceful environment and learn Middle Way meditation techniques that promote inner balance and serenity.

Led by experienced instructors, this retreat offers a space to reconnect with yourself and experience the transformative power of mindfulness.

Discover the beauty of simplicity as you embrace moments of stillness and cultivate a sense of calm in your daily life. Leave feeling refreshed, centered, and equipped with practical tools to bring mindfulness into your everyday routines.

What to Expect



- Introduction to meditation
- Middle-way meditation techniques
- Two guided meditation sessions (short and long)
- Q&A with expert

Our Team Members



**PHRAGRUPALAD
SUVATTHANABODHIGUN
(SOMCHAI THANAVUDDHO), MD., PH.D.**

Director of DCI Center for Buddhist Studies

**PM WUTTICHAJ
WUTTICHAYO,
PH.D.**

Director of Education
Bureau
of Dhammakaya Temple



**PM POLLAWAT
ARUNACHOTO**

Vice-Head of DCI's
Student Affairs.



**PM PEEMAWAT
DHAMMAVISUTTO**

Teaching and Mentor
Monk at DCI Center
for Buddhist Studies



**PM PASSAKORN
SILAGUTTO**

One-Day Meditation
Retreat's Project
Manager



**MS.KANNIKA
KANTHAMUN**

DCi Liason Officer

**DR.SIRIRAT
NGAMSANG**

Head of DCI's
Language Center



Event Details

Date

30th July, 2023

Time

08.00-16.10

Place

DCI Meditation
Center, Ayutthaya,
Thailand

Requirements

- 1.) 15-70 Years old
- 2.) Healthy
- 3.) Able to participate in events planned
- 4.) Have not been exposed (close contact) to a person with COVID-19 for 72 hours before the retreat



In the event that we do not meet the minimum participant requirement, we will have to postpone this event until a later date.

Program

- 07.00** Set off from Future Park Rangsit
- 07.30** Set off from Wat Mahathat Ayutthaya
- 08.00** Arrive at DCI Meditation Center
Take a COVID-19 test (ATK)/ Registration
- 08.20** Light Breakfast and Break
- 09.00** **SESSION 1: ORIENTATION AND INTRODUCTION**
- 10.00** Coffee break

Program

10.15 **SESSION 2: BASICS OF MIDDLE-WAY MEDITATION**

11.15 Lunch

12.30 ***SESSION 3: DEEP MIDDLE-WAY MEDITATION**

/DAILY LIFE PRACTICING TIPS/Q&A

13.30 Coffee break

13.45 **SESSION 4: LONG MEDITATION**

14.45 Coffee break

To optimize the participants' benefits, the topic for Session 3 will be chosen according to their meditation level.

Program

- 15.00** **SESSION 5: EXPERIENCE SHARING**
- 15.30** Take pictures & Receive gifts
- 15.40** Refreshments and Property Tour
- 16.10** End of Retreat



Cost

includes: venue, transportation, breakfast and lunch, refreshments

1,000 THB

Transportation from
Wat Mahathat,
Ayutthaya
or Personal Car

1,200 THB

Transportation from
Future Park Rangsit

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Transportation Options

1.) Provided by us:

Vehicle: Rental Vans

Pick-up Point: 1. Wat Mahathat Ayutthaya 2. Future Park Rangsit

Departure/Arrival Time: 1. Wat Mahathat Ayutthaya 7.30 - 8.00 & 16.10 - 16.40
2. Future Park Rangsit 7.00 - 8.00 & 16.10 - 17.10

2.) Personal Car:

Google Maps: <https://goo.gl/maps/X3ViSrmktx3FZjiJ7>



Register now



Explore More

PHONE

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FACEBOOK GROUP

Ayutthaya Riverside Meditation Retreat

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SEE YOU
