



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



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

Director of DCI Center for Buddhist Studies

Our Team Members

PM WUTTICHAI 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

O7.00 Set off from Future Park RangsitO7.30 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

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

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

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

+66 90 103 3312 (LP. Alpha)

+66 62 053 4119 (Gratae)

FACEBOOK GROUP

Ayutthaya Riverside Meditation Retreat

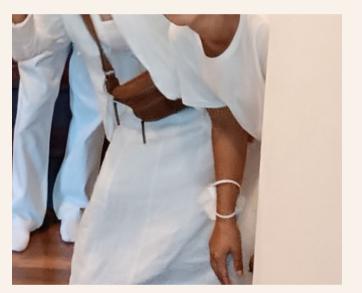
EMAIL

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SEE YOU