



## **7-Day Residential Retreat on Concentration and Vipassana Meditation**

### **A Progressive Journey to Buddhist Meditation and Insight**

This transformative 7-day programme offers a structured path to discovering genuine inner peace through the time-tested practices of the Sri Lankan Forest Tradition, as taught at Rideekanda Forest Monastery.

The retreat addresses a fundamental question that arises in every human heart: What is the purpose of my life? Through systematic training, you will move beyond the endless pursuit of temporary satisfactions—what the Buddha compared to a thirsty traveller chasing mirages in the desert—and discover the lasting peace that comes from understanding reality as it truly is.

### **What You Will Learn:**

The programme follows a progressive methodology, beginning with the development of deep concentration (samādhi) through breath meditation (Ānāpānasati). You will learn the art of calming the restless mind and cultivating the focused awareness necessary for genuine insight. Through guided practice, you will explore the jhāna states—profound levels of meditative absorption that the Buddha himself used as the foundation for his awakening.

Building upon this concentrated foundation, you will be introduced to body contemplation meditation, learning to perceive the body not as a solid, permanent entity, but as a dynamic interplay of fundamental energies constantly arising and passing away. This direct observation begins to dissolve the misconceptions about permanence, pleasure, and selfhood that lie at the root of our dissatisfaction.

The retreat culminates in the practice of vipassanā—insight meditation—where you will develop the wisdom of rising and falling (udayabbaya-ñāṇa). Through walking meditation and specialised breathing techniques, you will learn to perceive directly how all phenomena arise and cease moment by moment. This experiential understanding of impermanence (anicca), unsatisfactoriness (dukkha), and non-self (anattā) naturally loosens the bonds of craving and opens the door to genuine liberation.

### **Who Should Attend:**

This retreat welcomes sincere seekers at all levels of experience—from complete beginners seeking an introduction to Buddhist meditation, to experienced practitioners wishing to deepen their understanding under traditional guidance. The only requirements are patience, dedication, and a willingness to investigate the nature of your own mind and experience.

Buddhism is not a religion, it is a wisdom taught to experience by yourself with the method the historic Buddha discovered 2500 years ago. Buddha was a human being, although extraordinarily wise, no god. Paying reference to Buddha simply means crediting him with his discovery as we do with any inventors. This is why Buddhist techniques are explicitly accessible to humans of all world views.

### **The Promise of Practice:**

As the Buddha taught, the path to ultimate happiness is not a distant goal but a present possibility. Each moment of clear awareness, each recognition of arising and passing, brings you closer to the unshakeable peace that lies beyond all conditioned phenomena. Through the systematic practices offered in this retreat, you will gain not merely intellectual understanding but lived wisdom—the kind of direct knowledge that transforms your entire relationship with experience.

"Drop by drop is the water pot filled. Likewise, the wise person, gathering it little by little, fills oneself with good." — Dhammapada

**Daily Routine**

**5.30 AM**

*(Waking up & Getting Ready)*

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**7.00 AM - 8.00 AM**

*(Breakfast)*

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**8.00 AM - 9.00 AM**

*(Morning Dhamma Session/ Learning Session)*

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**9.00 AM - 12.00 Noon**

*(Meditation Practice)*

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**12.00 Noon - 01.00 PM**

*(Lunch)*

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**01.00 PM - 2.00 PM**

*(Afternoon Rest)*

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**2.00 PM - 4.00 PM**

*(Meditation Practice)*

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**4.00 PM - 6.00 PM**

*(Evening Dhamma Session/ Learning Session)*

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**6.00 PM - 7.00 PM**

*(Chanting Session & Evening Dhamma Discussion)*

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**7:00 PM - 10.00 PM**

*(Meditation Practice)*

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**10:00 PM**

*(Night Rest)*

## Cost and Dāna

- **Accommodation Rates:** Participants are asked to pay the following rates to cover essential costs (food, water, electricity, and lodging):
  - **Shared room (individual bed):** USD 30 per day.
  - **Private single room:** USD 40 per day.
  - **Private double room (one person):** USD 35 per day.
- **The Tradition of Dana:** While accommodation and food have set costs, **the meditation teachings are offered on a Dāna (donation) basis.** This voluntary generosity supports the teacher and the continued work of the monastic community.
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- **Financial Concerns:** If cost presents a barrier to your attendance, please do not hesitate to reach out to us. The teachings should be accessible to all sincere seekers, and we will work together to find a solution that allows you to join us.

## Dining at the Monastery

- **Main Meals:** A full breakfast and lunch are served daily, following traditional monastic schedules.
- **Evening:** A light supper (typically soup or porridge) is provided.
- **Dietary Note:** All meals are purely vegetarian and vegan-friendly.
- **Beverages:** Tea and coffee stations are open for use at any time.

## Accommodations and Monastic Life

- **Essential Items:** Participants are expected to be self-sufficient and must bring their own towels, toiletries (soap, shampoo, toothpaste).
- **Accommodations:** Bedding and linens are included.
- **Laundry service** is available at the monastery for your convenience.
- **Provided Equipment:** You do not need to bring your own seating. Meditation mats, pillows, and chairs are all available on-site.
- **Silence:** Maintaining silence is a fundamental aspect of the retreat. Silence must be strictly observed during designated quiet hours and meditation sessions.
- **Pets:** No pets are permitted on the monastery premises.
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## Monastery Rules and Personal Conduct

- **Dress Code:** Mandatory attire consists of white or light-colored clothing that covers the body. Revealing, tight-fitting, or brightly colored clothing is strictly prohibited.

- **Prohibited Substances & Behavior:** Smoking, alcohol, and non-prescribed drugs are strictly prohibited anywhere on the retreat grounds. Singing, playing musical instruments, or any form of disruptive entertainment is not allowed.
- **Technology Use:** To ensure full immersion, participants are strongly encouraged to minimize the use of electronic devices, including phones, tablets, and laptops. Phone calls and loud conversations are specifically restricted during meditation hours.
- **Environmental Respect:** Participants must not litter or harm the local flora and fauna. Feeding wildlife (such as monkeys or dogs) is strictly prohibited as it disrupts their natural habits and can lead to conflict.

### **Health and Safety Requirements**

**Mental Health & Safety:** Vipassana is an intensive practice that requires significant mental and emotional stability. If you have a history of certain mental health conditions—such as **PTSD(Severe trauma), Psychotic Disorders (Schizophrenia or Bipolar), Severe Clinical Depression, Dissociative Disorders, or Active Substance Addiction**—the deep introspection of a 07-day retreat may be overwhelming or potentially harmful.

- **Honesty is Vital:** For your own safety and well-being, please be honest about your health history in this application. This information is kept strictly confidential.
- **Confidential Consultation:** If you prefer not to list specific details on this form, we strongly encourage you to **call us directly** to discuss your situation. We can help you determine if the retreat environment is currently the right fit for you.
- **Medical Advice:** We highly recommend consulting with your **doctor or mental health professional** before applying, to ensure you are in a stable period of health suitable for intensive meditation.
- Vipassana is a powerful tool, but it is not a "**cure-all**" for psychiatric crises. It is generally best practiced when you are in a relatively stable period of mental health. Each situation has to be carefully analyzed to determine the right practice.

### **Physical Health and Requirements**

- **Physical Accessibility & Terrain:** Please be aware that our monastery is located in a **steep, mountainous region**. The facility features numerous **steps** that require walking up and down several times a day (to the meditation hall, dining area, and accommodation area).

- **Physical Limitations:** If you have recent injuries, chronic knee or back pain, heart conditions, or mobility issues that make climbing stairs difficult, this location may not be suitable for you.
- **Health Liability Disclaimer:** By signing this application, I acknowledge that Rideekanda Forest Monastery **does not take responsibility** for any health issues—physical or mental—that may arise during my stay at the retreat.

## Arrival and Departure

- **Timely Arrival:** It is highly recommended to arrive during the morning or early afternoon to safely navigate off-road access and settle in before the program begins in the evening.
- **Departure Condition:** Upon the end of the retreat, participants must leave their accommodations in the same or better condition than when they arrived.

## Terms and Conditions for Bookings

### 1. Booking and Deposit

- **Reservation:** A spot is only secured once the initial booking deposit has been paid through the WeTravel platform.
- **Deposit Amount:** The required booking deposit is **\$20 USD**. This deposit is **non-refundable** as it secures your materials and administrative placement.
- **Service Fees:** Please note that at the time of payment, an **additional service fee** is added to the transaction by the WeTravel platform. This fee is paid directly to the booking provider for processing and is not part of the monastery retreat cost.
- **Payment Plans:** If you have chosen a payment plan, all subsequent installments must be paid by the due dates listed on your WeTravel dashboard.
- **Final Balance:** Remaining payments can be made through the payment link emailed to you by WeTravel or paid in **cash** at the Monastery before you depart.

### 2. Refund & Cancellation Policy

- **Deposit:** The \$20 USD booking deposit is non-refundable.
- **Full Payments:** If you paid the full amount at the time of booking and need to cancel, a **full refund of the balance** (excluding the \$20 deposit and WeTravel service fees) will be issued.
- **Request Process:** To receive a refund, you must submit a written cancellation request via the WeTravel platform or email **before the start date** of the retreat.

### 3. Cancellation by Organizer

- In the rare event that the Monastery must cancel the retreat (due to unforeseen circumstances or monastic requirements), participants will receive a **100% refund** of all monies paid, including the deposit.

**Contact details:**

Contact us via [WhatsApp](#) or **Phone:**+94 74 225 2980

**Website:** <https://www.rideekanda.com>

**Email us at:** rideekanda@gmail.com

**Facebook:** <https://www.facebook.com/rideekandaforest>

**Instagram:** <https://www.instagram.com/rideekanda.monastery/>

**Youtube:** <https://www.youtube.com/channel/UCJL1VykpSOVZuDHRSSz5PQ>

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