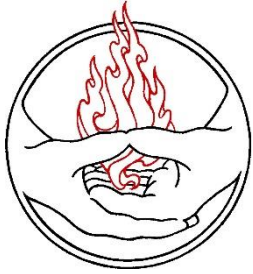


Day-Long Retreat: Focus on the Principles

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Focus on the Principles

A Day-Long Silent Retreat with Ayyā Dhammadīpā

April 22, 2023

Meditation gives us an opportunity to study the lived experience of body and mind, and to discover three distinct layers of meaning. In this retreat we will explore how to uncover each layer, and how to use these observations to help us better understand the mind and responses to it.

This day-long retreat will include periods of guided and silent meditation, a dharma talk, lunch shared in silence, and time for discussion and questions. It is suitable for those new to meditation practice, as well as experienced meditators.

When: Saturday April 22nd 9:00 am – 3:30 pm

Where: Unitarian Universalist Fellowship of Fredericksburg

25 Chalice Circle

Fredericksburg, VA 22405

Cost: The suggested donation for this event is \$35 to \$55. However, no one will be refused participation due to lack of funds.

Registration: If you plan to attend, please register online [here](#). We want to be able to notify you if needed.

On the Day of Retreat: Please come a little early, so we can begin on time. Bring a bag lunch and whatever sitting materials you need. If needed, there will be chairs for your use. Tea, water, and light snacks will be provided.

Ayyā Dhammadīpā, the founder of [Dassanāya Buddhist Community](#), has been practicing Buddhism since 1987. She is a fully ordained bhikkhuni (nun) in the Theravāda tradition, and a Dharma Transmitted Teacher in the Suzuki Roshi lineage of Soto Zen. In addition to English, Ayyā teaches in Spanish, an expression of her Latin heritage. She is an author whose work has appeared in the Buddhist publications "Lion's Roar" and the "Buddhadharma" magazine. Ayyā is the mother of a lovely adult daughter and enjoys sewing and watercolor painting.

