



*When he breathes in long, he understands:  
'I breathe in long.'  
When he breathes out long, he understands:  
'I breathe out long.'  
When he breathes in short, he understands:  
'I breathe in short.'  
When he breathes out short, he understands:  
'I breathe out short.'  
'I shall breathe in experiencing the whole [breath] body':  
thus he trains.  
'I shall breathe out experiencing the whole [breath] body':  
thus he trains.  
'I shall breathe in tranquillizing the body-formation':  
thus he trains.  
'I shall breathe out tranquillizing the body-formation':  
thus he trains*

*Lord Gautama Buddha*

Dear Dhamma Friends,

We are very happy to announce that **from 13<sup>th</sup> June till 11<sup>th</sup> July** this year the newly established Pa Auk Latvia International Meditation Centre will host its first retreat.

The location is situated in a National Biosphere Reservation Area in Rujiena district, on 1000 ha of land kindly donated by one of our members and offers suitable conditions for meditation afar from civil establishments and other distracting factors. The land was blessed by the Most **Venerable Pa Auk Sayadaw** during his visit to Latvia in 2009.

We express our deepest thankfulness to **Venerable U Revata**, a student of Venerable Pa Auk Sayadaw and an esteemed teacher at Pa-Auk Forest Monastery in Burma (Myanmar), who honours the project by conducting this retreat.

You are welcome to join for meditating in clean environment and living in a very natural way close to the four elements of Earth, Water, Fire and Wind.

Since the project is at the very beginning the retreat will be held in close touch with nature. However basic outdoor facilities for meditation and dining area as well as personal hygiene facilities will be provided. We would like meditators to bring their own outdoor living facilities (tents). It is to be mentioned that the ground is ample enough to support a large amount of visitors. So everyone is welcome!

To find more information about the retreat (schedule, application etc.) please visit [www.paauk-latvia.org](http://www.paauk-latvia.org) or send us a request to [info@paauk-latvia.org](mailto:info@paauk-latvia.org)

If you want to support the retreat or the construction of the Centre you are most welcome to contact us by e-mail address mentioned above.

We'll appreciate a lot if you spread the news about a coming retreat further in the Buddhist society.

May you all be well and happy and attain Nibbana!

With Metta,  
Management Committee  
Pa Auk Latvia International Meditation Centre