

ACCOMMODATIONS



Rustic cabins are provided with a comfortable bed complete with heat or A/C as necessary. Laundry is available for longer stays. Rooms are single or double occupancy. Each room is furnished with two comfortable twin beds, linens, towels, and curtained windows. Single rooms on request. Shared bathroom facilities are centrally located and are equipped with hot showers and a Tub. Country Roads surrounding the buildings offer a place for a quiet meditation practice.

DINING



The spacious dining room offers indoor seating with views of the gardens and forests. Buffet meal service featuring a healthy mixed fare. Special diets available on request



To Schedule a Retreat go to:
www.DhammaSukha.org

TRANQUIL WISDOM INSIGHT MEDITATION RETREATS



WITH BHANTE VIMALARAMSI



Dhamma Sukha Meditation Center

www.dhammasukha.org

On-site Retreats: Spring to Fall

In the beautiful Ozark Mountains

8218 County Road 204

Annapolis, MO 63620

Phone: (573) 546-1214

Email: info@dhammasukha.org

MEDITATION HALL



The Meditation hall was completed in 2013 and has sitting space for up to 25 people. It is comfortable with both heat and A/C to keep temperatures conducive to deep practice. It is 36 Feet wide built in an Octagon and has embedded crystal quartz in its walls.



7-10 Days recommended with a maximum of 2 weeks. You may schedule to start at your convenience. Retreats are ongoing all spring & summer. Costs are very low –Airport pickup and shuttle service available. 2.5 hrs South of St. Louis.

QUIET SITTING



Tranquil Wisdom Insight Meditation is the practice of Lovingkindness and the Brahma Viharas: Metta, Karuna, Mudita and Upekkha. These are practiced for the goal of supreme awakening in this very life!



EVENING TALKS



During the morning, precepts are given, and at 6pm the Nightly Dhamma Talk on a sutta from the Majjhima Nikaya is given by Bhante Vimalaramsi.

He comments and explains the Sutta to help the students deepen their practice. Questions may be asked at that time. Recorded suttas and videos available from these talks on the website



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