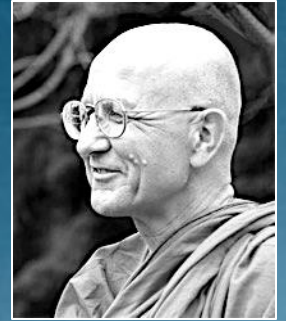


Online Meditation Retreat  
with  
Luangpor Viradhammo



17-26 November 2024  
Nera Nara Retreat Center  
Thailand





Luangpor Viradhammo

# Luangpor Viradhammo's Biography

Luangpor was born in Germany, 1947, to Latvian refugee parents. They moved to Toronto when he was four years old. Around 1969, while living in India, he encountered Buddhism, meeting the late Sāmanera Bodhesako, who introduced him to the teachings of the Buddha. He eventually travelled to Thailand to become a novice at Wat Mahathat in 1973 and took bhikkhu ordination the following year at Wat Pah Pong with Ajahn Chah. He was one of the first residents at Wat Pah Nanachat, the international monastery in north-east Thailand. Having spent four years in Thailand, he went back to Canada to visit his family in 1977. Instead of returning to Thailand, he was asked by Ajahn Chah to join Ajahn Sumedho at the Hampstead Vihāra in London. Later, he was involved in the establishment of both the Chithurst and Harnham monasteries in the UK.

In 1985, invited by the Wellington Theravāda Buddhist Association, he moved to New Zealand, accompanied by Venerable Thanavaro, where he lived for 10 years, setting up Bodhinyānārāma monastery. In 1995 he came to the UK to assist Ajahn Sumedho at Amaravati and stayed for four years before returning to New Zealand, where he lived until 2002. From that time until 2011 he lived in Ottawa caring for his mother. In 2006 he founded Tisarana Buddhist Monastery in Perth, Ontario, where he is currently the abbot.

# Welcome



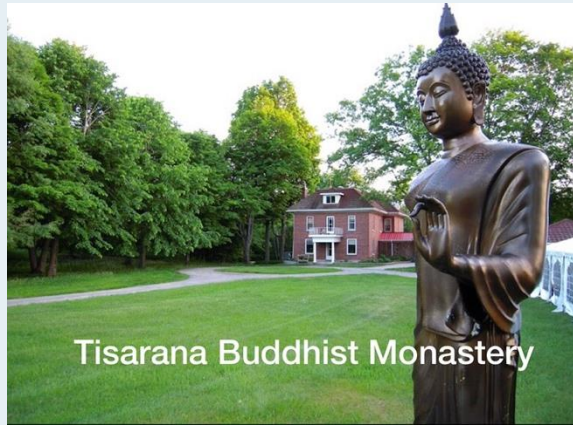
Please be invited to join the 10-day online meditation retreat with Luangpor Viradhammo. We're grateful to have this precious opportunity from Luangpor to share his insightful teachings to all of us.

Start : 17 November 2024 at 7:00 pm

End : 26 November 2024 at 10:00 am  
(Thailand time)

All are welcome. No registration is required.

# ZOOM Log in



Link: [Click here](#) to join all  
ZOOM sessions  
Meeting ID: 919 4247 1890  
Passcode: 123456



Zoom Retreat Timetable (Thailand Time)		
Thailand Time	Agenda	
<b>17 November 2024</b>		
6:45-7:00 pm	Participants join zoom session	ZOOM
7:00-8:00 pm	Opening session with Luangpor	
	Requesting the 3 Refuges & 8 Precepts	
	Sitting Meditation & Instruction from Luangpor	
<b>18-25 November 2024</b>		
5:30 - 8:30 am	Personal Practice	
8:30 - 9:30 am	Reflections and Guided Meditation	ZOOM
9:30 am - 2:00 pm	Personal Practice	
2:00 - 3:00 pm	Reflections and Guided Meditation	ZOOM
3:00 - 8:00 pm	Personal Practice	
8:00 - 9:15 pm	Dhamma Talk & Q&A	ZOOM
<b>26 November 2024</b>		
5:30 - 8:30 am	Personal Practice	
8:30 - 10:30 am	Final Instruction from Luangpor	ZOOM
	Asking for Forgiveness	
	Requesting the 3 Refuges & 5 Precepts	
	ZOOM session	
<i>** The timetable may be subject to change.</i>		

Time Zone Converter:

<https://www.timeanddate.com/worldclock/converter.html>









# Q&A session

There will be a Q&A session each day after Dhamma Talk. If you have any questions for Luangpor, please submit your questions via online form before 2:00 pm (Thailand time) daily.

To submit your question, [click here](#).

Due to time limitation for Q&A session, we appreciate your kind understanding if your question is not answered.

# Recording

Unedited recordings of each ZOOM session with Luangpor will be uploaded daily on YouTube a few hours after the live session.

For the recordings, [click here](#).

# Dana

The retreat is free of charge but participants may contribute towards Tisarana Buddhist Monastery, where Luangpor is the abbot.

All donations will be contributed to support the on-going construction of the new Dhamma Hall.

For more details of the new Dhamma Hall:

<https://sala.tisarana.ca/>

To make a donation, you can contact the monastery directly via this website:

<https://tisarana.ca/contribute-food-and-supplies/donations/>

# Contact Us

If you need any help or have any further questions, please contact :  
[Friendindhamma@gmail.com](mailto:Friendindhamma@gmail.com)







Organized  
By  
The Angel Group