

International Department at Wat Phradat Sri Chomtong Voravihara

GENERAL INFORMATION



What is the center's address?



**International Department
Wat Phradat Sri Chomtong Voravihara
199/19 moo 2, Baan luang
Chom Tong, Chiang Mai 50160**



**The International department located
behinde the main temple.
Look for the
*„CMQ Lanna International Library”***

HOW TO GET TO THE CENTER?

- * If you come from the airport you can take a **private taxi** directly to the centre. This costs approximately 800 Thai baht.
- * Alternatively from **Chiang Mai Gate** (which is the old city's southern gate) you can take a **blue bus** or **yellow public taxi** (34-36 baht). Tell the driver you want to go to the Wat Chomtong and they will drop you in front of the temple. They leave every 20 minutes. The journey from Chiang Mai takes approximately 90mins.
- * Arriving at the temple you have to go to the International Department which is located behind the main temple. Follow the map below.
- * If you can not find us you can go to the Front Office of the temple and **state you have reservation with us and ask for Khun Thanat**. They will help you to find us.

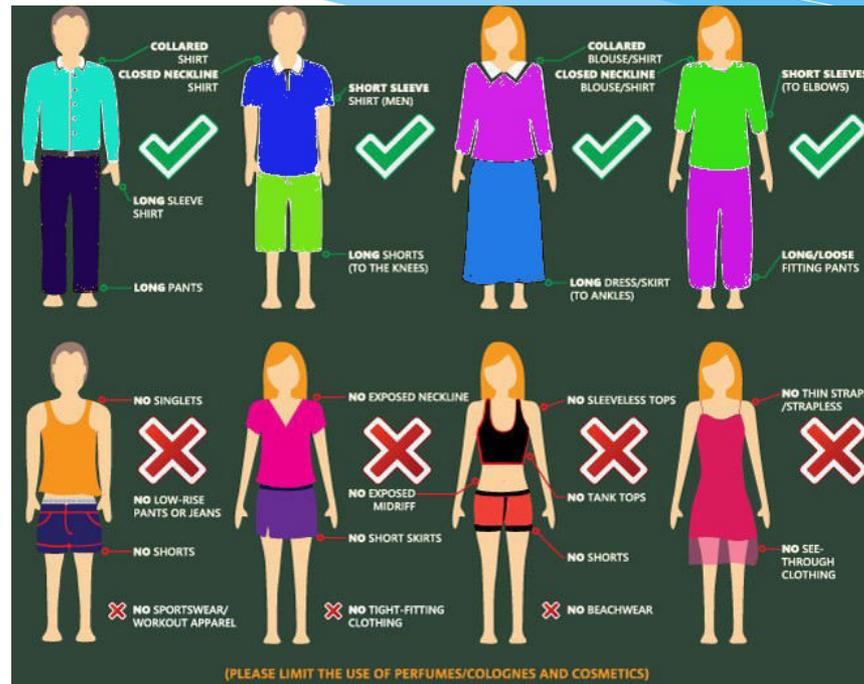
HOW TO GET TO THE CENTER?



What time should I arrive?

- * **We ask students to be at 1 pm (13:00) at the International Department**
- * If you need to arrive at another time please let us know in advance
- * Please consider if you don't arrive on our agreed date your reserved room might be transferred to another mediator

Arriving at the temple dress code



Thai Buddhist temple and monastic culture values politeness and modesty very highly.

WHAT SHOULD I BRING?

- * All meditators wear **white clothes** during their stay. You can bring your own white clothes or **you can also borrow from us** for the period of your stay. Or if you prefer there are places to buy just outside the temple grounds
- * We provide bedding, meditation pillows, cushions.
- * It is good if you can bring a digital alarm clock as well as digital timer, flashlight, flip-flops, water bottle, insect repellent and toilet paper with you.
- * Any toiletries. toothpaste, toilet paper, soap etc. You can bring though there will be opportunity to visit the local shops just outside the temple grounds if you need anything.
- * **Please have your passport with you**
- * Be aware in the winter months (December/ January) it can get cool in the nights. Socks and a sweatshirt can be necessary during that period of the year.

ABOUT THE MEDITATION TECHNIQUE

- * Every meditator will get individual guidance.
- * The technique that is taught is an intensive form of the Mahasi Sayadaw technique with sequences of mindful prostrations, walking and sitting meditation like it is **taught by Most Ven. Phra Dhammamangalajarn Vi (Ajarn Tong Sirimangalo)**.
- * During the retreat meditators learn through simple and structured exercises to apply mindfulness on body, feelings, mind and mind-objects (**Satipatthana – Four Foundations of Mindfulness**) and all arising phenomena are labelled mentally.

How long does the course take?

- * We recommend 21 days to complete the Basic course.
- * People who already finished the Basic course can do a 10-days retreat.
- * You are also welcome to stay and practice for shorter period to get an introduction or refreshment of the practice. But in periods of room shortages people who stay longer might be accepted at first.
- * No previous experience is necessary.
- * All courses are individual so begin when ever you arrive.
- * On the day you arrive you will be given a full introduction to the course and then meet with your teacher daily who will be your guide.

How much does the course cost?

- * **We work on donations only.** This is according to the Buddhist tradition of Dana (generosity).
- * Participants should be aware that if there isn't enough support through donations, places like this maybe can't cover the running costs in future.
- * a.) **The donation given towards the center** is to cover the electricity, water and general maintenance.
- * b.) **The donation for the teaching** is to support the teachers living expenses as they give their time freely and don't have any income besides voluntary donations from the meditators.
- * c.) **The donation for food.** We are given 2 meals per day which are prepared for us by the Nuns in the temple.

Donations from the students are greatly appreciated and allow us to continue. You will have the opportunity to give from your heart at the end of your stay.



**THANK YOU FOR YOUR GOOD
INTENTION TO PRACTICE
VIPASSANA MEDITATION WITH US!**

For further questions you are most welcome to contact
us any time.

The Vipassana Meditation Center Staff

CONTACT

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