



MEDITATION RETREAT

- **Saturday and Sunday**

From 02:00p.m. – 4:00p.m. (Weekly)



- **Monday to Friday**

From 04:00a.m. – 5:00a.m. (Daily)

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Silence Retreat

Overview

Watt Samakki-Dhammikaram, a Buddhist temple, welcomes you all to join our **“MEDITATION RETREAT”**, taught by Ven. Rithy Sun, a monk from Cambodia, in association with Ms. Sarita Nuch. You would get to know about Cambodian culture and Buddhism as well. They will teach you how to practice meditation both Samadha and Vipassana meditation that is the way to make the mind peaceful and to develop transcendent insight which penetrate into the truth of life.

“Sitting meditation”



The purpose of Vipassana meditation

The purpose of Vipassana meditation is to create awareness of the universal truth, the truth of impermanence, and liberate from sufferings.



Map to Watt Sammakki-Dhammikaram

Watt Samakki-Dhammikaram is a Cambodian Buddhist Temple located at 26 Rugby Rd. Brooklyn, NY 11226, behind the Caton Park Nursing Home and across from the PS 249 Caton School.



“Alms offering”



For more information, Please contact:

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