

# Light on Meditation

## A Retreat with Upsaka Culadasa



Upsaka Culadasa is ordained as a dedicated lay-practitioner. He has been practicing Buddhist meditation for 35 years and is the Director of Dharma Treasure Buddhist Sangha. His intensive training in and integration of both Theravadin and Tibetan traditions provides students with a rich and rare opportunity for rapid progress and deep insight. As a Ph.D. he taught neuro-sciences until 1996 when he left to lead a contemplative life. He is now devoted to helping students master meditation skills.

Dharma Treasure  
Buddhist Sangha

[Dharmatreasure.com](http://Dharmatreasure.com)



### A Residential Retreat with Upsaka Culadasa Murrieta, CA, USA

Thanksgiving Holiday, November 23-30, 2011

Location: Murrieta, CA. Address will be provided upon registration.  
Retreat will be held at an extremely comfortable, brand new modern home on 5 acre hill top, privately and exclusively rented for the retreat.

Time: Arrival - you are welcome to arrive anytime Wednesday evening before 10 pm or early Thursday morning by 8 am. Retreat formally begins at 9 am on Thursday.

Cost: \$ 455 for 7 nights - includes delicious, vegetarian catered meals delivered from a restaurant and accommodations. Fee does not include donation to support the teacher. Priority will be given to full time retreatants.

Bring: Your personal meditation cushion and floor mat if you have one, or we can arrange to bring one for you. Please bring all personal items, including towels and linens. Some beds are available, but if you can, please bring a sleeping mat.

Small size: The very small group provides for more personal attention and an intimate atmosphere.

For more details: Michael Chu: (949)559-5419 [mjchu76@yahoo.com](mailto:mjchu76@yahoo.com)