

Sayalay Susilā

Wellness Retreat

A Getaway for Mind & Body

25 - 29/3/2014

(Closing date: 25/2/2014)

Penang Hill Brother's Bungalow, Malaysia

Activities: Meditation Sessions, Sutta Study, Zhi Neng Qi Gong and Trekking to Penang Hill top (on last day morning)

1. Lodging and 3 meals are included at rate of RM309. Participant is to pay up a deposit of RM150 (non-refundable) to confirm his/ her place. Deposit can be made to Maybank Account no. 107126013575 (Lim Lay Chiew).
2. Please download registration form at <http://sayalaysusila.net/pages/retreat-application-form>.
3. Email your application form and banking slip to laychiewlim@gmail.com.
4. All participants are to meet at 7.30am at Penang Hill Cable Car (Ground Station) on 25 March except for Singaporeans/ foreigners. Breakfast will be provided upon reaching venue about 9am.
5. Retreat shall finish about 6pm on 29th March after early dinner.
6. Participants are required to observe 5 precepts.

Contact: Sister Lay Chiew

Phone: +6013-4814288

Email: laychiewlim@gmail.com



Appamādhavīhari
Meditation
Center