

GIVE A GIFT TO YOURSELF & THE WORLD
DEVELOP METTA (LOVING-KINDNESS) IN YOUR HEART
& RADIATE METTA ALL DAY

6 MARCH 2026
8.00 AM-5.00 PM

ARRIVE 15MINS BEFORE 8AM

One Day Retreat @Buddhist Maha Vihara

Bhavana Sala, 1st Floor, Wisma Dhamma Cakra

Dress code: White top, plain trouser



*In this one day retreat,
you will*

- ✦ Settle the mind and learn to open your heart to create space where loving-kindness can arise.
- ✦ Practise step-by-step guidance to generate and feel loving-kindness, first to yourself, then progressively radiating to others.
- ✦ Learn to overcome barriers to loving-kindness with patience, forgiveness, and care.
- ✦ Experience the expansive, joyful quality of an unbounded heart.

REGISTER via QR code or via:

<https://forms.gle/fGqv3tfhLby2kMEj7>



**Join us for
Metta. Register
here.**



Ven Ariya Baumann

Ordained in Burma in 1992, Ariya practiced under Sayadaw U Janaka and later taught at Chanmyay Myaing Meditation Center. She has led retreats worldwide since 1999 and continues to serve through Mettā In Action and LADF, supporting communities in Burma and the Himalayas.

To find out more about Ven. Ariya, visit:
<https://www.vipassana-metta.com>

**This session is sponsored
by the temple. Lunch and
refreshment provided.**

**Please donate freely to
Buddhist Maha Vihara &
Ven Ariya.**



Organised by Wisdom Meditation Community
Contact / Inquiries via WhatsApp Text: 012 651 4231 / 012 358 8780

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*DEVELOP METTA (LOVING-KINDNESS) IN YOUR HEART
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8-14 MARCH 2026

One Week Retreat @Artz Boutique Hotel

Chin Swee Temple, Genting Highlands

Check in 2-5PM, 8 March

Check out after breakfast, 14 March

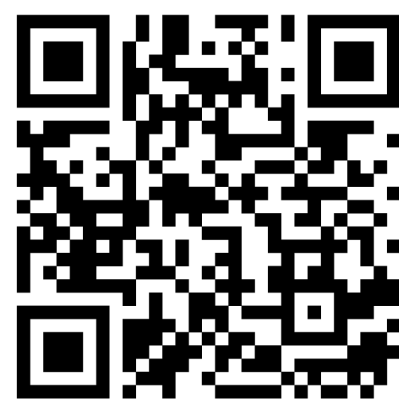


*In this week-
long retreat,
you will*

- ✦ Deepen and sustain loving-kindness through continuous, guided and silent practice.
- ✦ Overcome the barriers to loving-kindness and experience the expansive, joyful quality of an unbounded heart.
- ✦ Stabilise and nurture inner stability that supports loving-kindness and Vipassanā practice.
- ✦ Immerse in loving-kindness through concentrated mind.
- ✦ Learn to integrate loving-kindness into Daily Life, bringing kind, peaceful presence to everyday moments and relationships.

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<https://forms.gle/KaWSSmztqUGRTsY6>.



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Fees cover accommodation & meals only.

This retreat is offered on a Dāna basis. Please donate freely to:

WMC to help defray retreat costs and teacher's airfare & Ven Ariya to support her Dhammaduta.



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