

# Meditation Retreat

*February 7th- 8th at Morgan Hill*

Dharmapala Institute and Tam Tu Buddhist Temple  
welcome you to join the rare opportunity of participating in a  
Meditation retreat

with

Ven.Missaka Kamalasiri Thero and Ven.Thapovnaye Sutadhara Thero  
at the

**Tam Tu Buddhist Temple 610 Fisher Ave., Morgan Hill, CA 95037**

Feb 6th (Friday) evening: arrival at Morgan Hill temple (Optional)

Feb 7th (Saturday) : 05.00 AM - 09.30 PM - Day 1

Feb 8th (Sunday): 05.00 AM - 03.00 PM - Day 2 (closing day)

Please see the attached detailed time table of the retreat

Due to limited residential capacity, only limited number of people will be allowed to participate. Please contact the organizing committee via [temple@buddhistvihara.net](mailto:temple@buddhistvihara.net) to make your reservation. This retreat is free and all dhamma friends and devotees are welcome. If you wish, you may make donations to the teacher during the retreat. The retreat is conducted together with the Lieu Quan Vietnamese Temple at Morgan Hill. Vegetarian meals will be provided. RSVP by 01/30/2026



# TIME TABLE

## FRIDAY Feb 6th 2026

05:30 PM Arrival at Morgan Hill Temple

06:00 PM Tea or light dinner (Vegetarian).

07:00 PM Introduction and meditation

09:30 PM End of day

## SATURDAY Feb 7th 2026

05.00 AM Wake up

05.30 AM Yoga

06.00 AM Meditation, sitting & walking

07.30 AM Breakfast (Vegetarian)

09.00 AM Meditation instructions

09.30 AM (till 11.30 AM)-Meditation, sitting, standing, walking, sitting

11.45 AM Lunch (Vegetarian)

01.30 PM Walking Meditation (optional)

02.00 PM Dharma Talk

03.00 PM Walking Meditation

03.30 PM Sitting Meditation followed by standing and walking

05.30 PM Yoga

06.30 PM Snack & Tea

07.30 PM Sitting Meditation & walking

09.00 PM Questions and answers

09.30 PM Night rest or optional Meditation

## SUNDAY Feb 8th 2026

05.00 AM wake up

05.30 AM Yoga

06.00 AM Meditation, sitting & walking

07.30 AM Breakfast (Vegetarian)

09.00 AM Meditation instructions

09.30 AM (till 11.30 AM )-Meditation, sitting, standing, walking, sitting

11.45 AM Lunch (Vegetarian)

01.00 PM Closing talk and meditation

03.00 PM End of Retreat

## Ven. Mihintala Kamalasiri Thero



Bhante Mihintala [Missaka] Kamalasiri is a guided meditation teacher, primarily focusing on Vipassana techniques sourced from the Buddhist Sutras. He believes this path will arm every sentient being against life's different challenges.

Missaka Kamalasiri was born in Mihintale, Sri Lanka, near the site where the Buddhist monk Mahinda and King Devanampiyatissa inaugurated the presence of Buddhism on this small island nation.

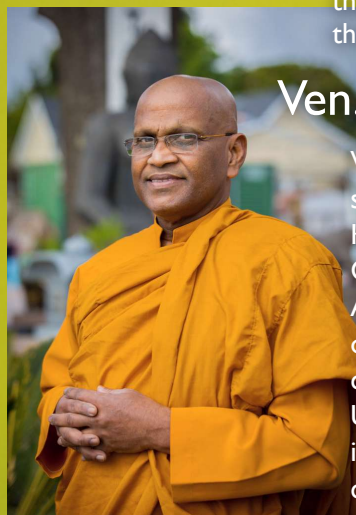
He has held a special interest in meditation since childhood. He started his practice under the guidance of Venerable Ananda Maitriya Maha Nayaka Thero. While there, he also received guidance from the renowned Dhamma teacher, Godwin Samararatne.

When he was only 14-years-old, Bhante received his novice ordination from his teacher, Balangoda Anandamaitrie, a well-known Sri Lankan Buddhist monk, who many considered a Bodhisattva. From there, he continued his training and education at the Vegirikanda Meditation Center and Gnanalankara Bhikkhu training centre in Peradeniya. He earned his higher education at the Sangaraja Monks Training School in Kandy and Vidyodaya, Colombo.

For three years, Bhante Kamalasiri lived in the Himalayan Mountains, researching Vajrayana and Hindu meditation techniques. He visited the Shivananda Ashram numerous times. Accounts of those visits were documented in a Sinhala language book titled, Mihidugiren Himagirata.

For a while, he practiced meditation in the caves of the Yelmo Mountains, where the Tibetan saint, Yogi Milarepa, once practiced. Bhante also spent some time at the Tusita Meditation Center.

## Ven. Thapovanaye Sutadhara Thero



Venerable Tapovanaye Sutadhara Thero is a long-time Buddhist monk and student of two respected teachers from Sri Lanka — the Most Venerable Kudawelle Vangeesa Nayake Thero and the Most Venerable Dodamapahala Chandrasiri Mahanayake Thero, Supreme Sangha Leader of the Sri Lanka Amarapura Sangha Sabhawa. Under their guidance, he entered the monastic order in Sri Lanka and began a lifelong journey of study and practice. After completing his academic career, Venerable Sutadhara Thero moved to the United States, where he has been serving communities since 2005. His mission is to share the Buddha's teachings in ways that bring peace, understanding, and compassion into everyday life. Through his programs, he offers meditation guidance and blends in the gentle movements of Yoga and Tai Chi to support physical health, emotional balance, and mindful living. His approach helps people find calm, harmony, and a deeper sense of well-being in today's busy world.