



Blue Mountains Insight Meditation Centre
25 Rutland Road, Medlow Bath NSW 2780
Ph. & Fax: +612 4788 1024 Email: bmimc@eftel.net.au

SCHEDULE FEBRUARY — NOVEMBER 2008

**2 November
2008**

Code: DT2-08

Cost: \$30

Youth workshop led by Danny Taylor

For information about Danny Taylor see DT1-08 above.

This one-day workshop is designed to introduce younger people (under 18 years) to insight meditation and will include talks, periods of walking and sitting meditation and ample opportunities for group discussion.

Arrive on Sunday 2 November at 9 a.m. onwards for an 9.30 a.m. start.

Finish with afternoon tea at 3.30 p.m.

**7- 15 November
2008**

Code: SUL1-08

Two retreats led by Sayādaw U Lakkhaṇa

Sayādaw U Lakkhaṇa is a senior meditation teacher in the Mahāsī tradition. He is abbot of Kya-Swā monastery and meditation centre at Sagaing, Upper Burma, and is currently establishing another centre in Rangoon. Sayādaw is a regular guest teacher at BMIMC.

These are eight-precept retreats, i.e. no food is taken after midday.

Please note that for SUL1-08, the retreat is for Burmese-speaking meditators only. There will be a translator for SUL2--08.

SUL1-07: Arrive on Friday 7 November from 5.30 p.m. onwards for a 7.30 p.m. start.

Finish on Saturday 15 November at 11.30 a.m.

SUL 2-07: Arrive on Sunday 16 November from 5.30 p.m. onwards for an 7.30 p.m. start.

Finish on Sunday 23 November at 11.30 a.m.

We are very fortunate to have had the support of many dedicated volunteers during retreats. We would like to extend our heartfelt gratitude to you all.

Sādhu! Sādhu! Sādhu!

We welcome anyone who is interested in cooking or assisting in the kitchen for this current schedule. Please contact the Centre for more information



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All retreats follow the Theravadan tradition of satipaṭṭhāna vipassanā meditation as taught by Mahāsī Sayādaw of Burma and are suitable for both experienced and beginning meditators, with the exception of the second half of the January one-month retreat which is limited to experienced meditators. Please note that most retreats fill early so it is advisable to register early to ensure a confirmed place.

**8 - 10 February
2008**

Code: GW1-08

Cost: \$130

Weekend retreat led by Graham Wheeler

Graham Wheeler has been practising vipassanā meditation for over twenty-five years, studying in Australia, Burma, Thailand and Sri Lanka. He has been leading the Centre's meditation group in Sydney since 1999. He has his own legal practice in Sydney where much of his work is with community-based organisations.

This retreat is suitable for beginners as well as more experienced meditators.

Arrive on Friday 8 February from 5.30 p.m. onwards for a 7.30 p.m. start.

Finish with lunch on Sunday 10 February at 12.30 p.m.

**1 - 2 March
2008**

Code: DT1-08

Cost: \$130

Weekend workshop led by Danny Taylor

Danny has been a student of eastern traditions since the early 1970s, and a practitioner of Buddhist meditation in the Mahāsī tradition since 1986. He has worked as a counselling psychologist and in management, and is now a management consultant. Danny has been leading the centre's meditation group in Sydney over a number of years.

Arrive on Saturday 1 March from 8.30 a.m. onwards for a 9.30 a.m. start.†

Finish on Sunday 2 March at 4.00 p.m.

**20 - 24 March
2008**

Code: VUV1-08

Cost: \$240

Easter four day retreat led by Venerable U Vamsarakkhita

Venerable U Vamsa has travelled extensively throughout Asia, North America, and Europe both as an assistant to Sayadaw U Janaka and leader of his own retreats. He spends Rains Retreat guiding monks in meditation at Dhammodaya Meditation Center, Nakhon Pathom, Thailand.

As a teacher, U Vamsa is committed to convey the simple everyday usefulness of Buddha's teaching while inspiring those around him to explore and experience the Path to Freedom that He so clearly and elegantly lived.

This is an eight-precept retreat – no food is taken after midday

Arrive on Thursday 20 March from 5.30 pm onwards for a 7.30 pm start

Finish on Monday 24 March at lunch.



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SCHEDULE FEBRUARY — NOVEMBER 2008

6 April 2008

Day of Mindfulness in Sydney

Code: DM1-08

Cost: \$30

Led by Graham Wheeler & Michael Dash (see GW108 above and MD1-08 below).

Venue: The Colin Library, Marist Centre, Villa Maria Monastery, 1 Mary Street, Hunters Hill.

This is a chance to deepen meditation practice in the tranquil grounds of the monastery. There will be periods of silent sitting and walking meditation with guidance from two teachers from BMIMC. The day is suitable for both beginners and more experienced meditators. Please bring your own lunch and sitting cushion or stool. Tea & coffee will be supplied. Arrive at 9.30 am and finish at 3.30 pm.

4 April - 29 June 2008

Three month retreat with Venerable Ariya Ñāṇi

Code: VAN1-08

Cost:
3 mths \$2250

2 mths \$1750

1 mths \$1000

9 days \$370

Venerable Ariya Ñāṇi is a Swiss-born Buddhist nun who has lived and worked in Burma, guiding foreign yogis at the Hmawbi Meditation Centre founded by Sayādaw U Janaka. This is a rare opportunity to practice with an English-speaking Buddhist nun for an extended period of time.

This is a three month retreat led by Venerable Ariya Ñāṇi with options for one, two or three months and one nine-day set retreat period from 4 -13 April.

Options for shorter or variable retreat times and dates may be available, dependent on bookings.

We welcome supporters who are interested in cooking or assisting in the kitchen during this retreat. Volunteer staff positions are also available. Please contact the manager on 4788 1024 for further details.

July 2008

Winter recess

Please note that there will be *no self retreat* during July 2008 due to the visit and extended stay of Venerable Ariya Ñāṇi. The Centre will be in winter recess from 1 - 31 July.

1 - 3 August 2008

Weekend retreat led by Tara MacLachlan

Code: TM1-08

Cost: \$130

Tara is a senior member of the Buddha Sāsana Association who has been closely involved with the establishment of the Centre. She has practised vipassanā meditation for many years, in Burma, Nepal and Australia, with Sayādaw U Paṇḍita, the senior disciple of Mahāsī Sayādaw and other teachers.

This retreat is suitable for beginners as well as more experienced meditators.

Arrive on Friday 1 August from 5.30 p.m. onwards for a 7.30 p.m. start.

Finish with lunch on Sunday 3 August at 12.30 p.m.

23 - 30 August 2008

Eight day retreat led by Sayādaw U Paññāthami

Code: SUP1-08

Cost: Dāna
(by donation)

Sayādaw U Paññāthami is a senior meditation teacher in the Mahāsī tradition and the abbot of Paṇḍitārama meditation centre in Villawood, Sydney. He was also the first resident teacher of BMIMC. Sayādaw speaks excellent English, and teaches in North America, Europe and South East Asia.

This is an eight-precept retreat—no food is taken after midday.

Arrive on Saturday 23 August from 8.00 a.m. onwards for a 9 a.m. start.†

Finish with morning tea on Saturday 30 August at 10.00 a.m.



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SCHEDULE FEBRUARY — NOVEMBER 2008

12 - 21 September 2008

Nine day retreat led by Patrick Kearney

Code: PK1-08

Cost: \$370

Patrick is a regular visiting teacher at BMIMC. He has 25 years experience in Buddhist meditation, in both the Zen and Theravāda traditions. Since 1984 he has trained in insight (vipassanā) meditation in the tradition of Mahāsī Sayādaw of Burma. He teaches the techniques of meditation along with the theory that underlies it. Understanding both, a student can become independent and self directed.

Arrive on Friday 12 September from 5.30 p.m. onwards for a 7.30 p.m. start.

Finish with lunch on Sunday 21 September at 1.00 p.m.

27 - 28 September 2008

Dhamma service weekend

The Dhamma Service Weekend is an opportunity to come together with fellow meditators and spend a day or two giving Sāsana House a spring clean. There will be meals provided and an opportunity to meditate and listen to taped Dhamma talks.

It is possible to join the weekend at any time. Please contact the Centre to advise when you will be coming and to reserve a room.†

4 - 6 October 2008

Long weekend retreat led by Michael Dash

Code: MD1-08

Cost: \$185

Michael has been a Buddhist practitioner for over twenty years, studying in Australia, Thailand and Burma, where he trained in satipaṭṭhāna vipassanā meditation in the Mahāsī tradition. He also has led the centre's regular group sits in Sydney, has taught at Wat Buddha Dhamma and is a professional counsellor.

Arrive on Saturday 4 October from 8 a.m. for a 9.30 a.m. start.†

Finish on Monday 6 October with lunch at 1 p.m.

17 - 26 October 2008

One nine day retreat led by Steven Smith

Code: SL1-08

Cost: \$370

To be confirmed

Steven Smith is a founder of Vipassanā Hawaii, the Kyaswa Valley Retreat Center in Burma and the MettaDana health and education project in Burma. Steven has practised and studied vipassanā as a monk and layperson for more than 30 years and is anchored in the Theravadin tradition of S.E. Asia. He teaches worldwide.

NB Lynne Bousfield is unable to co-lead the retreat this year as previously indicated.

Arrive on Friday 17 October from 5.30 p.m. onwards for a 7.30 p.m. start.

Finish with lunch on Sunday 26 October at 1.00 p.m.