



Blue Mountains Insight Meditation Centre

bmimc@eftel.net.au ph/fx +612 4788 1024

SCHEDULE MAY 2010 — JANUARY 2011

All retreats follow the Theravadan tradition of satipaṭṭhāna vipassanā meditation as taught by Mahāsi Sayādaw of Burma and are suitable for both experienced and beginning meditators. Please note that most retreats fill early so it is advisable to register early to ensure a confirmed place. For further information about retreat expectations and booking procedures refer to our website at www.meditation.asn.au

23 May 2010

Code: DOM1-10

Cost: \$30

Day of Mindfulness in Sydney

Led by Graham Wheeler and Michael Dash. 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. For details of Michael Dash please see MD1-10 below.

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

This is an opportunity to deepen meditation practice in the tranquil grounds of the monastery. There will be periods of silent sitting and walking meditation with guidance from 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.

**25 - 27 June
2010**

Code: TM1-10

Cost: \$165

Weekend retreat led by Tara MacLachlan

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 Mahāsi Sayādaw and other teachers.

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

Arrive on Friday 25 June from 5.30 p.m. for a 7.30 p.m. start.†

Finish on Sunday 27 June after lunch.

**16 - 18 July
2010**

Code: LL1-10

Cost: \$165

Winter weekend retreat led by Lesley Lebkowicz

Lesley Lebkowicz (formerly Lesley Fowler) has practised vipassanā meditation since 1983 and has spent several years in silent retreat in Australia, the USA and Burma. She has worked as a teacher, counsellor and writer and currently divides her time between formal spiritual practice and writing.

This is the first of two winter weekend retreats conducted by Lesley or Tara MachLachlan. They are suitable for beginners as well as more experienced meditators.

Arrive on Friday 16 July from 5.30 p.m. onwards for a 7.30 p.m. start.

Finish with lunch on Sunday 18 July at 12.30 p.m.

† For retreats starting on Saturday morning, if transport difficulties make it more convenient to arrive the night before, please let us know and you may stay on Friday night (by donation).



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**6 - 8 August
2010**

Winter weekend retreat led by Tara MacLachlan

For information on Tara please see TM1-10 above.

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

Code: TM2-10

Cost: \$165

Arrive on Friday 6 August from 5.30 p.m. onwards for a 7.30 p.m. start.

Finish with lunch on Sunday 8 August at 12.30 p.m.

**21 - 28 August
2010**

Seven day retreat led by Sayādaw U Paññāthami

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.

Code: SUP2-10

Cost: Dāna

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

Arrive on Saturday 21 August from 8.30 a.m. onwards for a 9.30 a.m. start

Finish on Saturday 28 August with morning tea at 10.30 a.m.

**17 - 21 September
2010**

Four day retreat led by Lesley Lebkowicz

For details about Lesley Lebkowicz please see LL1-10 above.

This is a four day retreat with an option to come for the weekend only.

Code: LL2-10

Cost: \$235 (all)

\$165 (part)

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

Finish either on Sunday 19 September after lunch (two days) or on Tuesday 21 September after lunch (four days).

**25 - 26 September
2010**

Dhamma service weekend

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

**2 - 4 October
2010**

Long weekend retreat led by Michael Dash

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 sittings in Sydney, has taught at Wat Buddha Dhamma and is a professional counsellor.

Code: MD1-10

Cost: \$235

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

Arrive on Saturday 2 October from 8.30 a.m. onwards for a 9.30 a.m. start.

Finish on Monday 4 October after lunch.



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**15 - 24 October
2010**

Nine day retreat led by Steven Smith **Waiting list only**

Code: SS1-10

Cost: \$465

Steven Smith is a founder of Vipassanā Hawaii, the Kyaswa Valley Retreat Centre 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.

This retreat is suitable for both beginners and more experienced meditators.

Arrive on Friday 15 October from 5.30 p.m. onwards for a 7.30 p.m. start.

Finish on Sunday 24 October at 11 a.m.

**31 October
2010**

Day of Mindfulness in Sydney

Code: DOM2-10

Cost: \$30

Led by Graham Wheeler and Michael Dash. Please see GW1-10 and MD1-10 for details about Graham and Michael.

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

This is a further opportunity 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. .

**19 - 28 November
2010**

Ten day retreat led by Sayādaw U Lakkhaṇa

Code: SUL1-010

Cost: \$465

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.

This is an eight-precept retreats, i.e. no food is taken after midday.

This retreat is suitable for more experienced meditators

Arrive on Friday 19 November from 5.30 p.m. onwards for a 7.30 p.m. start.

Finish with lunch on Sunday 28 November at 1.00 p.m.

**10 - 19 December
2010**

Nine day retreat led by Venerable Pannyavaro

Code: VPV 1-10

Cost: \$465

Venerable Pannyavaro is an Australian Buddhist monk and an experienced meditation teacher who has spent long periods of intensive practice in Burma and Sri Lanka. He teaches both insight (vipassanā) and loving-kindness (mettā) meditation. Venerable Pannyavaro is also the founder of Buddhanet.net. He has now established the Bodhi Tree Forest Monastery and Retreat Centre near Lismore on the North Coast.

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

Arrive on Friday 10 December from 5.30 p.m. onwards for a 7.30 p.m. start.

Finish with lunch on Sunday 19 December at 1.00 p.m.



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January 2011

Weekend retreat or self-retreat options

There is no month-long retreat planned for January 2011 as there has been in earlier years. There may be one or more weekend retreats and the possibility of a self-retreat. The self-retreat will be open to experienced meditators and will be organised by the participants on a self-catering basis. Please email an expression of interest to the Manager.

