



Blue Mountains Insight Meditation Centre

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

SCHEDULE JANUARY — DECEMBER 2010

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

**19 - 21 February
2010**

Code: GW1-10

Cost: \$130

Weekend retreat with 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 19 February from 5.30 p.m. for a 7.30 p.m. start.†

Finish on Sunday 21 February after lunch.

**13 - 14 March
2010**

Code: DT1-10

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 Mahāsi 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.

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

Arrive on Saturday 13 March from 8.30 a.m. for a 9.30 a.m. start.†

Finish on Sunday 14 March at 4 p.m..

**19 - 28 March
2010**

Code: SUP1-10

Cost: \$370

Nine day retreat led by Sayādaw U Paññāthami

Sayādaw U Paññāthami is a senior meditation teacher in the Mahāsi 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 Friday 19 March from 5.30 pm onwards for a 7.30 pm start

Finish at lunch on Sunday 28 March.

**1 - 5 April
2010**

Code: VAN1-10

Cost: \$220

Easter retreat led by Venerable Ariya Ñāṇi

Venerable Ariya Ñāṇi is a Swiss-born Buddhist nun who lives and works in Burma at the Chanmyay Myaing Meditation Centre in Yangon, established by Sayadaw U Janaka. She is guiding foreign yogis in their vipassana and metta meditation practice.

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

Arrive on Thursday 1 April from 5.30 pm onwards for a 7.30 pm start

Finish on Monday 5 April at lunch.



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**9 April - 29 May
2010**

Code: VAN2 -10

**Cost:
Full: \$1400**

First half: \$650

Second half: \$800

Seven week retreat with Venerable Ariya Ñāṇi

This is a rare opportunity to practice with an English-speaking Buddhist nun for an extended period of time. For information about Venerable Ariya Ñāṇi please see above.

This is a fifty day retreat led by Venerable Ariya Ñāṇi. It is possible to attend for the first or the second half of the retreat.

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

First half: Arrive on Friday 9 April from 5.30 pm onwards for a 7.30 pm start. Finish on Sunday 2nd May at lunch.

Second half: Arrive on Sunday 2nd May from 5.30 pm onwards for a 7.30 pm start. Finish on Saturday 29th May at lunch.

23 May 2010

Code: DOM1-10

Cost: \$30

Day of Mindfulness in Sydney

Led by Graham Wheeler, Danny Taylor (see GW1-10 and DT1-10 above for details) and Michael Dash (see MD1-10 below for details).

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 with 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 Mahāsī 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: WW1-10

Cost: \$165

Two winter weekend retreats led by Tara MacLachlan & Lesley Lebkowicz

For information on Tara please see above. 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.

These weekend retreats are suitable for beginners as well as more experienced meditators.

**6 - 8 August
2010**

Code: WW2-10

Cost: \$165

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.

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.

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**21 - 28 August
2010**

Seven day retreat led by Sayādaw U Paññāthami

For information about Sayādaw U Paññāthami please see SUP1-10 above.

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

Code: SUP2-10

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

Cost: Dāna

Finish on Saturday 28 August with morning tea at 10.30 am.

September 2010

Nine day retreat

Code: SEP-10

Dates and teacher to be confirmed

Cost: \$465

**17 - 21 September
2010**

Four day retreat led by Lesley Lebkowicz

For details about Lesley Lebkowicz please see 16 July weekend above.

Code: LL1-10

This is a four day retreat with an option for weekend attendance. For further details please contact the Centre.

Cost: \$235

**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 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

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

Cost: \$235

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.

**15 - 24 October
2010**

Nine day retreat led by Steven Smith

Dates 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.

Code: SS1-10

This retreat is suitable for more experienced meditators

Cost: \$465

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

Finish with lunch on Sunday 24 October at 1.00 p.m.



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**31 October
2010**

Code: DOM2-10

Cost: \$30

Day of Mindfulness in Sydney

Led by Graham Wheeler, Danny Taylor & Michael Dash (see GW1-10, DT1-10 and MD1-10 above for details).

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. .

November 2010

Code: SUL1-010

Cost: \$465

Ten day retreat led by Sayādaw U Lakkhaṇa

Dates to be confirmed

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.

December 2010

Code: VPV 1-10

Cost: \$465

Nine day retreat led by Venerable Pannyavaro

Dates to be confirmed

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.

To book a place on any retreat, please download the retreat information and application form from our website http://www.meditation.asn.au/Documents/Retreat_applic.pdf

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