



Vipassana Meditation Centre (Singapore)
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9-Day Vipassana Meditation Retreat

Date : 11 March ~ 19 March 06 (check in @ 9am)

Venue : 33B Lowland Road. (nearest to Kovan MRT Stn)

Teacher : Sayadaw U Pannathami

Fee : By Donation

Profile of Sayadaw U Pannathami

Sayadaw was born in 1948 in Myanmar and received higher ordination at the age of 20.

He graduated with Sasannahaja Dhammacariya and practised under the late Ven Sayadaw Mahasi and Sayadaw U Pandita

He has many years of experience teaching Meditation to students in Eastern and Western countries.

He has already completed 38 vassa as a monk.

Insight Meditation (Vipassana)

is a simple and direct practice-the moment-to-moment observation of the mind/body process through calm and focused awareness. This practice originates in the Theravada tradition of the teachings of the Buddha. Learning to observe experiences from a place of stillness enables one to relate to life with less fear and clinging. Seeing life as a constantly changing process, one begins to accept pleasure and pain, fear and joy, and all aspects of life with increasing equanimity and balance. As insight deepens, wisdom and compassion arise. Insight meditation is a way of seeing clearly the totality of one's being and experience. Growth in clarity brings about penetrating insight into the true nature of our experience and increases peace in our daily lives.

*If you wish to help as a Dharma Worker,
donor/sponsor of food or other essentials, please contact:
Koe Lian Sim @ HP 96705776
Cheque donation is to be made in favour of "Vipassana
Meditation Centre (Singapore)". ~ Thank You.*

11 March 06

0845~0900 Check in
0905 - 0930 Registration and Briefing
0930 - 1030 Basic Instruction by Sayadaw
1030 ~ 1130 Sitting Meditation
1130 - 1230 Lunch
1230 - 1300 Rest
1300 - 1400 Walking Meditation
1400 - 1500 Sitting Meditation
1500 - 1600 Walking Meditation
1600 - 1700 Sitting Meditation
1700 - 1800 Walking Meditation
1800 - 1900 Sitting Meditation
1900 - 2000 Walking Meditation
2000 - 2100 Dhamma Talk
2100 - 2200 Sitting/Walking Meditation
2200 Lights off

12 March 06-18 March 06

0430 - 0500 Rise and Shine
0500 - 0600 Walking/ Sitting Meditation
0600 - 0630 Chanting
0630 - 0730 Breakfast
0730 - 0830 Washing/Cleaning
0830 - 0930 Sitting Meditation
0930 - 1030 Walking Meditation
1030 - 1130 Sitting Meditation
1130- 1230 Lunch
1230 - 1300 Rest
1300 - 1400 Walking Meditation
1400 - 1500 Sitting Meditation
1500 - 1600 Walking Meditation
1600 - 1700 Sitting Meditation
1700 - 1800 Walking Meditation
1800 - 1900 Sitting Meditation
1900 - 2000 Walking Meditation
2000 - 2100 Dhamma Talk
2100 - 2200 Sitting/Walking Meditation
2200 Lights off

19 March 06

0430 - 0500 Rise and Shine
0500 - 0600 Walking/ Sitting Meditation
0600 - 0630 Chanting
0630 - 0730 Breakfast
0730 - 0800 Washing/Cleaning
0800 - 0900 Sitting Meditation
0900 - 1000 Walking Meditation
1000 - 1100 Dhamma Talk/ Q&A .Transfer of Merit
1100 - 1200 Lunch
1200 - 1300 Cleaning up & Home Sweet Home
Goodbye & Be sure to bring your mind

Registration

- 1) Those interested to attend the retreat must fill up the form enclosed.
- 2) The medium of instruction is English

What to bring...

- 1) Participants shall bring their own toiletries (e.g. towel, toothbrush, toothpaste, soap, shampoo, etc) and other items such as bed sheet, pillow case, blanket, mosquito repellent, clothes hanger/pegs, slippers, note book and pen. Participants may bring their own meditation cushions if preferred.
- 2) Participants shall not bring any valuables and mobile phone & pager should be switched off during the retreat. Alarm clocks are not allowed in Meditation Hall. PLEASE replace alarm clocks with digital watches to reduce disturbance to others.

RULES & REGULATIONS

1. Participants should wear T-shirt and long loose trouser or sarong (plain and white preferred). Short skirt, short pant, sleeveless shirt, leotard and skintight clothing are not permitted.
2. All participants must observe the 8 Precepts which are 1) No Killing 2) No Stealing 3) No Sexual Misconduct 4) No Lying 5) No Intoxicants 6) No Solid Food After Noon 7) No Ornaments & Entertainment 8) No High and Luxurious Bed. Only under special circumstance may the Meditation Instructor grant participant request to observe the 5 precepts.
3. Participants must take their practice seriously and the instructions given by teacher should be followed strictly.
4. Participants shall report to the Meditation Instructor for interview as scheduled.
5. Noble silence must be observed at all times. Casual talk and discussion on meditation and experiences are not permitted. Participants are however allowed to talk or ask questions during interviews.
6. Reading (including dhamma books), writing (of letters), visitors and telephone calls are not permitted during the retreat.
7. Daily activities should be carried out mindfully to maintain their practice and avoid disturbing fellow participants. Participants shall also help keep the retreat premises clean and tidy.