



## **A retreat with Patrick Kearney** ***Sāsanarakkha Buddhist Sanctuary*** ***Taiping, Malaysia***

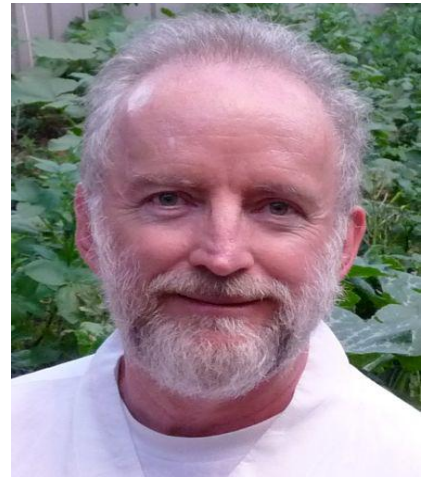
**1 - 15 December 2013**

We will explore the four applications of mindfulness (*satipaṭṭhāna*) to develop both serenity (*samatha*) and insight (*vipassanā*). Patrick emphasises the craft of meditation practice. He provides exercises each morning to assist with posture, two talks daily, and individual interviews to help the practitioner refine his or her meditation practice. This year, Kit Laughlin, a bodywork specialist and long time meditator who is also attending Patrick's retreat in SBS, will lead the exercise session in the morning as part of his *dana* for the retreat.

This retreat is suitable for beginners and experienced practitioners.

All instruction is in English.

**Information & bookings:** Contact SBS Programmes Head, Bro. Liew Chit Sien at [sbs\\_som2013@yahoo.com.my](mailto:sbs_som2013@yahoo.com.my)



Patrick teaches mindfulness meditation (*satipaṭṭhāna*) in the lineage of Mahāsī Sayādaw of Myanmar. His principal teachers have been Paṇḍitārāma Sayādaw and John Hale. Patrick has a particular interest in the original teachings of the Buddha, before Theravāda or Mahāyāna were ever thought of. He applies the Buddha's teachings to our everyday life in the contemporary world.