

SBS Retreat Centre OPEN as Meditation Centre*

under the guidance of Ayye Jhananandi
(based on Shwe Oo Min tradition)

Instruction: Mainly in English and Hokkien with some Mandarin.

*From 15 March 2013 until further notice

How to Join

- Fill up [the registration form](#) attached below and submit it to the SBS office (office@sasanarakkha.org) at least 1 week before the day you intend to start your retreat.
- All retreatants are expected to observe the 8 precepts and SBSRC rules and regulations.
- We are unable to accept people with serious health problems, such as clinical mental disorder, contagious diseases, degenerative diseases requiring special attention, etc., or those who cannot negotiate the steep terrain of SBSRC.
- Approval is subject to availability of space.

Ayye Jhananandi has been a nun since 1995. Owing to the kindness of Sayadawgyi U Panditabhivamsa, she stayed for many years in Panditarama, practising meditation and following the Myanmar Buddhist curriculum until the Senior Level and managed to pass the Intermediate Level of the Myanmar State Government Pariyatti Exam.

She was a long-time Mahasi yogi since 1986 when she first started learning meditation from Sayadaw U Dhammapiya in Malaysian Buddhist Meditation Centre, Penang.

While staying in SBS, she attended a ten-day retreat under Sayadaw U Tejaniya (2008) and a three-month Pa Auk retreat (2009). In 2010, she attended a ten-day Goenka retreat in Dhamma Malaya, Gambang.

End of August 2010 she went to Shwe Oo Min Dhammasukha Tawya in Myanmar to practise under Sayadaw U Tejaniya and returned to Malaysia in March 2012. Since then she has been practising this method which she finds very unique, profound and beneficial because it has brought a great change to her life.

Under the encouragement of her benefactor, Ayasma Aggacitta Mahathera, she has been assisting in conducting guided meditation at Taiping Insight Meditation Society since mid-September 2012— for devotees after the daily morning pindacara, and for yogis during the Saturday night meditation class. She is now prepared to accept suitable yogis who wish go on retreat at SBSRC under her guidance, based on what she has learnt from Sayadaw U Tejaniya.

Languages among which she is knowledgeable in are English, Hokkien, Bahasa Malaysia, Myanmar, Pali and some Mandarin.



SBS Retreat Centre Guided Meditation Retreat Registration Form

This form is to be completed by a yogi registering for the first time to do a retreat under guidance in SBSRC and is to be subsequently updated.

**RECENT
PHOTO**

Please complete every box unless specified otherwise.

Full name (as in NRIC/Passport):		Sex: <input type="checkbox"/> Female <input type="checkbox"/> Male	Occupation:	1
NRIC no:	Date of birth (dd/mm/yy):		Skills:	
<i>(For foreigners only)</i>		2	In case of emergency, contact	3
Passport no.:	Nationality:	Name:	Telephone:	
Passport expiry date:	Visa expiry date:	He/she is my		
Address: <input type="checkbox"/> residence <input type="checkbox"/> correspondence		4	Name of Buddhist organisation associated with:	5
Telephone:	Fax:	Telephone:	Fax:	
Email:		Email:		
Meditation experience: <input type="checkbox"/> No <input type="checkbox"/> Yes				6
<i>Teacher</i>	<i>Type</i>	<i>Duration</i>	<i>When (Year)</i>	
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Have you had any significant mental health issue? If yes, please give details (dates, symptoms, duration, hospitalization, treatment, and present condition).			<input type="checkbox"/> No <input type="checkbox"/> Yes	7
Do you have any significant physical health issue? If yes, please give details (symptoms, treatment, and present condition).			<input type="checkbox"/> No <input type="checkbox"/> Yes	8
Other information:				9

DECLARATION

I hereby declare and acknowledge that:

- I wish to stay in Sāsanārakkha Buddhist Sanctuary (SBS) as a yogi observing the 8 precepts.
- The particulars given in this form are to the best of my knowledge true and correct.
- If allowed to stay in SBS, I shall abide by the rules and regulations for yogis laid down by the SBS Management Committee (SBSMC).
- I shall not hold SBSMC or SBS Saṅgha responsible for my conduct that is contrary to its rules and regulations.
- I shall not hold SBSMC or SBS Saṅgha liable for any mishap due to my own negligence during my stay in SBS.
- SBS reserves the absolute right, in exceptional circumstances, to require a resident to leave SBS at 24 hours' notice. This right shall be exercised in the best interests of SBS.

SIGNATURE

DATE

