

A retreat with Patrick Kearney & Kit Laughlin

**Sāsanarakkha Buddhist
Sanctuary,
Taiping Malaysia**

8 – 20 December 2016

We will explore the four applications of mindfulness (*satipaṭṭhāna*) to develop both serenity (*samatha*) and insight (*vipassanā*), with a particular emphasis on the role of the body, the first *satipaṭṭhāna*.

Patrick provides a morning practice workshop that presents specific aspects of *satipaṭṭhāna* practice, along with an evening dharma talk that explores the Buddha's dharma on a more general level. Kit provides a bodywork session each morning that grounds the practitioner in the experience of body, along with guided meditations in the lying down posture.

This retreat is suitable for beginners and experienced practitioners. However, beginning yogis must start on the first day of the retreat.

All instruction is in English.

Information & application:

Contact Sis. Lim Lay Hoon at limlayhoon2009@gmail.com, or visit the SBS website at www.sasanarakkha.org.



Patrick Kearney teaches *satipaṭṭhāna* in the lineage of Mahāsi Sayādaw. He applies the Buddha's teachings to our everyday life in the contemporary world.



Kit Laughlin is the creator of the Stretch Therapy exercise modality. He brings to meditation practice a depth of knowledge of the human body rarely found in the specialised world of Buddhist meditation