

A RETREAT WITH PATRICK KEARNEY

Sāsanarakkha Buddhist Sanctuary Taiping Malaysia

5 – 18 DECEMBER 2018

This retreat will explore mindfulness meditation (*satipaṭṭhāna*) as taught by the Buddha. It will provide an opportunity for beginners to become firmly established in their practice, and for experienced students to deepen their practical and theoretical understanding. The practice will cover mindfulness of body, mind and emotions, and explore possibilities of transformation in the way we live our everyday lives.

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. Patrick will also lead a posture and flexibility session each morning that will ease the physical demands of the practice. Participants should wear loose and comfortable clothing for these sessions.

Sāsanarakkha Buddhist Sanctuary is a Buddhist monastery and meditation centre located in the hills above Taiping, on the edge of the rainforest.

All participants must start on the first day of the retreat. All instruction is in English.

For further information & online application,
contact: tinyurl.com/PK-Retreat-app-procedure.



Patrick Kearney teaches in the lineage of Mahāsi Sayādaw. He has trained in both the Mahāsi approach to *satipaṭṭhāna* and in the Diamond Sangha lineage of Zen Buddhism.

Patrick has a particular interest in the original teachings of the Buddha, before Theravāda or Mahāyāna were created. He seeks to bring his understanding of the early texts to the practice of dharma in the contemporary world.

A Retreat with Patrick Kearney at SBS Retreat Centre

Date : **5-18 December 2018**

Information on the retreat and teacher can be found in the attached flyer.

Application Procedures

1. Complete an online Google Form. Click on the link below to get to the form:

<https://tinyurl.com/PK-Retreat-application-form>

Closing date: 1 October 2018 or when application is full.

2. Once you have submitted the online Google Form, we shall acknowledge receipt via email. Thereafter, all correspondence will be done through email. If you do not get any response from the SBS Retreat Centre Coordinator two weeks after submitting your application form, kindly send an enquiry email to rc@sasanarakkha.org..

Period of Stay:

1. Priority will be given to those attending the full retreat.
2. "Beginners" i.e. those who will require instruction in vipassana meditation, must begin on the first day as the practical instructions are provided during the first week.
3. Applicants who can only join the retreat on the second week must only be experienced yogis i.e. those who do not require any specific instruction and are ready to accept the absence of a fixed schedule.

Note:

1. Please use your full name as per NRIC when filling out your form.
2. If you prefer to be called by another name, please put it at the end of your full name in brackets e.g. [Tan Seng Huat \(Andy\)](#)
3. Please use your official name (e.g. [Tan Seng Huat](#) instead of [Andy](#)) when corresponding with the SBSRC Events Coordinator..
4. Please check your e-mail from time to time so that you get the latest info.

Your co-operation in reading all the information in this mail and following the application procedures is highly appreciated.

Thank you & Sadhu.