

SBS Retreat Centre OPEN as Meditation Centre*

Under the guidance of Sis Chuah Ah Hwa



Instruction: In English, Mandarin, Hokkien and Cantonese.

*From 01 June 2018 until further notice

How to Join

- Fill up [this below registration form](#) 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

Sis Chuah Ah Hwa started practising meditation in the Mahasi tradition under Sayadaw U Paññāsāmi in 1991 at the age of 40. Her other teachers in this tradition include Sayadaws U Janaka, U Rewata, U Dhammapiya, U Rakkhitadhamma, Dr U Sunanda, Jnanapurnik, U Thitzana and U Indaka, Venerables Sujīvo,

Aggacitta, Dhammarakkhita and Visuddhācāra, Sayalay Bhaddamānavikā and Bro Patrick Kearney.

She also learned "dynamic meditation" in the tradition of Luang Por Tien under Ajahn Suthep and Phra Supachai and other methods from Jing Kuang Sifu, Ajahn Thiradhammo and Ajahn Sucitto.

In the year 2004 she started to learn Open Awareness under Bhante Aggacitta. Because of her good foundation in the Mahasi tradition, she had no problem switching to Open Awareness. Since then her mind was inclined to practise this method because it helped her consolidate all that she had learned from her many other teachers. She considers Bhante Aggacitta as her main teacher although she has also learned a similar approach from other teachers including Sayadaw U Tejaniya, Bhante Kumāra, Bro Jeff Oliver and Bro Hor Tuck Loon & Sis Chan Lai Fun.

Up till now (June 2018) she has attended 68 retreats under various teachers, the longest being 3 months under Sayadaw Dr U Sunanda in Lunas, Kedah.

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

SELF-RETREATANTS IN SBSRC & GUIDANCE FROM SIS CHUAH AH HWA

Those who qualify for self-retreat can also consult Sis Chuah Ah Hwa if they so wish, while those who don't qualify can consider doing a retreat under Sis Chuah Ah Hwa's guidance.



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

