

A RETREAT WITH PATRICK KEARNEY

Sāsanarakkha Buddhist Sanctuary Taiping Malaysia

12 – 26 JULY 2019

This retreat explores mindfulness meditation (satipaṭṭhāna) as taught by the Buddha. We will emphasise the first satipaṭṭhāna, tracking body, as the foundation of our practice. Our relationship with the five physical senses grounds us in the here-and-now so we can explore heart and mind. The retreat gives an opportunity for beginners to become firmly established in their practice and for experienced students to deepen their understanding.

A practice workshop each morning will present different aspects of the practice, supported by a dharma talk each evening. Patrick will lead a bodywork/yoga session in the early morning as part of mindfulness of body. 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: [https://sasanarakkha.org/
2019/01/01/satipatthana-retreat-patrick-kearney/](https://sasanarakkha.org/2019/01/01/satipatthana-retreat-patrick-kearney/).



Patrick Kearney is an independent dharma teacher 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 brings the early texts to life, applying them to the practice of dharma in the contemporary world.