

MEDITATION for BEGINNERS

(In ENGLISH) Saturdays 7 Aug - 2 Oct 2010 & Thursdays, at 7.30-9.30 pm

*Be guided by Venerable Sayadaw U Rajinda
on Insight (Vipassana) Meditation based on the Four Foundations of Mindfulness*

Vipassana meditation is an awareness meditation. It teaches you to be with the present moment, to live in the present moment. Through this practice, one can purify one's mind of mental defilements of greed, hatred and delusion, overcome sorrow, lamentation, pain and grief, as well as to cope better with the stress of daily living.

Course outline (8 sessions on Sat & Thurs, 7.30-9.30 pm):

Four Foundations of Mindfulness (Vipassana Meditation)

7 & 14 Aug: Contemplation of the Body (Kayanupassana)
Basic instructions on walking and sitting meditation.

21 & 28 Aug: Contemplation of the Feelings (Vedanupassana)
Basic instructions on walking and sitting meditation.

4 & 18 Sept: Contemplation of the Mind (Cittanupassana)

25 Sept & 2 Oct: Contemplation of the Mental Objects
(Dhammanupassana)

Thursdays, 12, 19, 26 Aug, 2, 16, 23, 30 Sept:
Full practice sessions with question and answer.

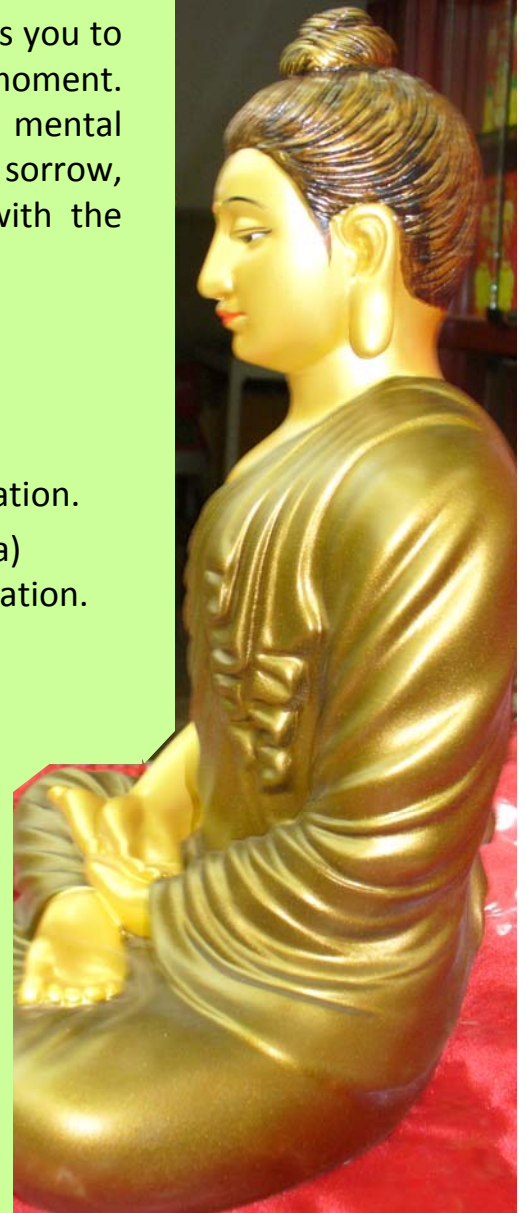
Sunday, 15 Aug, 5 & 19 Sept :

One-day group meditation retreat 8.30 am-5 pm

Information :

Venue: SMC, 40 Jalan Malu-Malu. Cost: Free. **REGISTER NOW!**

Registration: Register (name, HP, email) by 7 August 2010
by email sati_patthana@yahoo.com.sg



Venerable Sayadaw U Rajinda is the Spiritual Advisor of Satipatthana Meditation Centre (SMC). He completed his Buddhist degree (Sasanadhajha Dhammacariya in Pali Scriptures) in 1983 and practised Vipassana meditation at Mahasi Meditation Centre under Sayadaw U Panditabhivamsa in 1986. He was the Abbot of the Malaysian Buddhist Meditation Centre from 1990 to 1993. He is a highly experienced and skilful meditation teacher who is able to guide yogis well with his simple spoken English. He has conducted meditation retreats in Myanmar, Malaysia, Indonesia, the United States, Australia, as well as Singapore since 1988.

Organised by :



SATIPATTHANA MEDITATION CENTRE

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(behind Sembawang Shopping Centre), Singapore 769657