



Satipatthana Meditation Centre

(SMC) 40 Jalan Malu-Malu, Singapore 769657 (behind Sembawang Shopping Centre)
<http://www.smcmeditation.org>

SMC Meditation Retreat 11-31 July 2010 Conducted by Venerable Sayadaw U Rajinda

We are happy to announce that Satipatthana Meditation Centre is organising an intensive Vipassana meditation retreat.

Meditation Teacher: Venerable Sayadaw U Rajinda
Venue: SMC, 40 Jalan Malu Malu
Duration: 11 to 31 July 2010

The Centre will be opened for meditation for the above period. Interested yogis can choose the days to suit their schedule with a minimum stay of 3 days.

Medium of Instruction: English / Burmese

Cost: Free. Yogis and well wishers are welcome to sponsor food and utilities.

REGISTER NOW! Places are limited.

Three rounds of application : 7 July, 14 July or 21 July 2010.

Registration: Please email application form to smc.retreat@gmail.com by 7, 14, 21 July.

Contact person: Zaw Moe San / Kang Siew Hua
Email: smc.retreat@gmail.com

Please refer to <http://www.smcmeditation.org/retreat.htm>



7 Benefits of Satipatthana Meditation:

“This is the only way, bhikkhus, for the purification of beings, for the overcoming of sorrow and lamentation, for the disappearance of pain and grief, for realising the Noble Path, for the realisation of Nibbāna, namely, the Four Foundations of Mindfulness.”

- *Maha Satipatthana Sutta*

About the Teacher: Venerable Sayadaw U Rajinda is the Spiritual Advisor of Satipatthana Meditation Centre (SMC). He obtained 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 Vipassana meditation retreats, Abhidhamma class and Dhamma class in Myanmar, Malaysia, Indonesia, the United States, Australia, as well as Singapore since 1988.

Guidelines pertaining to Meditation Retreat

- Yogis must be able to abide by the meditation rules of the Centre.
- Must commit to at least 3 continuous days of meditation.
- Due to limited number of places available, please bear in mind that your cancellation could deprive someone of a place.
- In case you need to withdraw due to unforeseen circumstances, please inform the in-charge immediately.
- Those who wish to register for meditation sessions, please complete the attached form and email to smc.retreat@gmail.com
- The completed application forms can be in either Microsoft Word or PDF format.
- Please indicate clearly the start and end dates of your meditation session(s).
- Successful applicants will be informed by email and SMS on the 9 July, 16 July or 23 July 2010.
- For donation of food, refreshments etc., please contact Daw Kyu Kyu Hlaing at 97996503.

Breakfast	S\$50
Water and refreshments	S\$50
Lunch (Mon-Fri)	S\$100
Lunch (Sat & Sun)	S\$150

The above rates are for per session.

- In order to offset the extra cost of usage of utilities by the yogis, donations of any amount are welcome. Donations can be made using prescribed envelopes with yellow labels at the centre.