

## SCHEDULE APRIL 2004 - JANUARY 2005

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**23 April - 2 May  
2004**

**Code: SRW1-04**

**Cost: \$330**

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### **Nine day retreat led by Steve & Rosemary Weissman**

*Rosemary & Steve have been practising meditation in the Theravāda tradition for over 20 years, and have been the resident teachers at Wat Kow Tahm International Meditation Centre, Thailand, since 1988. Their teaching has a strong emphasis on the development of Compassionate Understanding.*

*This retreat is suitable for beginners as well as more experienced practitioners. For more information about the style of their practice, please contact BMIMC for a mail-out, or visit their web-site [www.watkowtahm.org](http://www.watkowtahm.org)*

This retreat will be a special combined regular and old students' retreat. Old students of Rosemary & Steve will have the choice of which retreat they do. New students will do the regular retreat.

Arrive on Friday 23 April from 1.30 p.m. onwards for 6.30 p.m. supper.

Finish with lunch on Sunday 2 May at 11.30 a.m.

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**15 - 23 May 2004**

**Code: VPV1-04**

**Cost: \$330**

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### **Nine day retreat led by Venerable Pannyavaro**

*Venerable Pannyavaro is an Australian Buddhist monk and an experienced meditation teacher who has spent long periods of intensive practice in Burma and Sri Lanka.*

*He teaches both insight (vipassanā) and loving-kindness (mettā) meditation. Venerable Pannyavaro is also the webmaster of [Buddhanet.net](http://Buddhanet.net), the international Buddhist internet directory.*

This retreat is suitable for beginners as well as more experienced meditators.

Arrive on Saturday 15 May from 8.30 a.m. onwards for a 9.30 a.m. start.†

Finish with lunch on Sunday 23 May at 11.30 a.m.

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**29 - 30 May 2004**

**Code: DT1-04**

**Cost: \$110**

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### **Weekend workshop led by Danny Taylor**

*Danny has been a student of eastern traditions since the early 1970s, and a practitioner of Buddhist meditation in the Mahāsi tradition since 1986. He has worked as a counselling psychologist and in management, and is now a management consultant. He currently leads a vipassanā meditation group at the Buddhist Library.*

This weekend workshop will explore the possibility of spiritual transformation that is at the core of the meditation process. Danny emphasises the integration of meditation with our daily reality, living our lives in a way that deepens our practice while our practice increases our effectiveness in everyday living.

Arrive on Saturday 29 May from 8.30 a.m. onwards for a 9.30 a.m. start.†

Finish on Sunday 30 May at 4.00 p.m.

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**11 - 14 June 2004**

**Code: LW1-04**

**Cost: \$200**

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### **June long weekend retreat led by Chris and Tara MacLachlan**

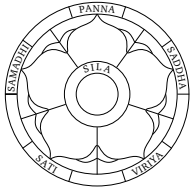
This Queen's Birthday long weekend retreat is suitable for beginning and experienced students. There will be detailed meditation instruction and personal interviews.

*Chris and Tara MacLachlan are senior members of the Buddha Sāsana Association who have been closely involved with the establishment of the Centre. They have practised vipassanā meditation for many years, in Burma and Australia, with Sayādaw U Paṇḍita, the senior disciple of Mahāsi Sayādaw.*

This retreat is suitable for beginning and experienced students.

Arrive on Friday 11 June from 6.30 p.m. onwards for a 7.30 p.m. start.†

Finish on Monday 14 June with lunch at 12.30 p.m.



Blue Mountains Insight Meditation Centre  
25 Rutland Road, Medlow Bath NSW 2780  
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## SCHEDULE APRIL 2004 - JANUARY 2005

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**26 June - 25 July  
2004**

**Code: SR1-04**

**Cost: Dāna only  
(\$25 per day is  
suggested)**

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### **Four week self-retreat**

This is an opportunity for experienced meditators who are independent in their practice to do a self retreat at the Centre in the company of others. There will be no schedule and no teacher, and some of the work involved in running the retreat will be shared by the participants. Meals will be provided by Centre staff.

All applications are subject to approval by the Centre's management committee. Some places may be available to Mountains residents on a non-residential basis. For further details, please contact the Centre.

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**6 - 8 August 2004**

**Code: PT1-04**

**Cost: \$110**

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### **Mindfulness and posture**

#### **Workshop with Peter Thomson & Chris MacLachlan**

*Peter leads the Sydney Yoga Space, and is both a senior teacher in the Iyengar yoga tradition and an experienced vipassanā practitioner in the Mahāsī tradition. For information about Chris MacLachlan, please see LW 1-04 above.*

Do you have problems with the sitting posture? This workshop is designed for experienced meditators who want to improve their posture by developing awareness of the body. Chris will teach the theory and practice of contemplation through body (*kāya anupassanā*), the first of the four domains of attention (*satipaṭṭhānas*). Peter will teach the dynamics of posture to allow the student to arrive at their own natural balance of mind and body. He will work with students individually. We will also explore standing and walking meditation.

Please note that this is not a yoga workshop, so there will be no instruction in yoga poses. The workshop is not suitable for beginners, and it is restricted to a **maximum of 12 people**.

Arrive on Friday 6 August from 5.30 p.m. onwards for an 8 p.m. start, with supper at 6.30p.m.† Finish on Sunday 8 August at 4.30 p.m.

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**14 - 21 August  
2004**

**Code: SUP2-04**

**Cost: \$295**

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### **Eight day retreat led by Sayādaw U Pannathami**

*Sayādaw U Pannathami is a senior student of Sayādaw U Paṇḍita and the abbot of Paṇḍitārama meditation centre in Villawood, Sydney. He was also the first resident teacher of BMIMC. Sayādaw speaks excellent English, and has taught in North America, Europe and South East Asia.*

This is an eight-precept retreat—no food is taken after midday.

Arrive on Saturday 14 August at 8.30 a.m. onwards for a 9 a.m. start.  
Finish with lunch on Saturday 21 August at 11.30 a.m.

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**4 - 12 September  
2004**

**Code: VPV2-04**

**Cost: \$330**

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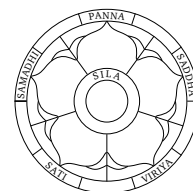
### **Nine day retreat led by Venerable Pannyavaro**

*Venerable Pannyavaro is an Australian Buddhist monk and an experienced meditation teacher who has spent long periods of intensive practice in Burma and Sri Lanka.*

*He teaches both insight (vipassanā) and loving-kindness (mettā) meditation. Venerable Pannyavaro is also the webmaster of [Buddhanet.net](http://Buddhanet.net), the international Buddhist internet directory.*

This retreat is suitable for beginners as well as more experienced meditators.

Arrive on Saturday 4 September from 8.30 a.m. onwards for a 9.30 a.m. start.†  
Finish with lunch on Sunday 12 September at 11.30 a.m.



## SCHEDULE APRIL 2004 - JANUARY 2005

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### 25 - 26 September 2004 Two day retreat led by Lynne Bousfield

**Code: LB1-04**

**Cost: \$110**

*Lynne has been practising vipassanā meditation for twenty-five years, training in India and Burma. She has led many introductory courses and weekend retreats in Australia, and has also assisted Sayādaw U Lakkhana, and Steven & Michele McDonald-Smith on the foreigners' retreat in northern Burma. She works as a clinical psychologist specialising in pain management using mindfulness and psychological therapies.*

This retreat is suitable for beginning and experienced students. Lynne will give detailed meditation instruction and personal interviews with all students to guide their practice.

Arrive on Saturday 25 September from 8.30 a.m. onwards for a 9.30 a.m. start.†  
Finish with lunch on Sunday 26 September at 12.30 p.m.

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### 2 - 4 October 2004 October long weekend workshop

**Code: LW2-04**

**Cost: \$155**

**led by Patrick Kearney with Jenny Taylor**

*Patrick is a regular visiting teacher at BMIMC. See PK4-04 below for information about him.*

This retreat will introduce practices based on the Four Foundations of Mindfulness, cultivating wise attention to the body/mind process in each present moment. Using these practices, we will focus on understanding the way we are relating to our current experience, and the immediate freedom to be found within this direct understanding of experience and relationship. Group discussions will focus on integrating the insights of formal practice with everyday life; one-to-one interviews will also be available. Beginners and experienced practitioners are welcome.

Arrive on Saturday 2 October from 8.30 a.m. for a 9.30 a.m. start.†  
Finish on Monday 4 October at 3.00 p.m.

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### 15 - 24 October 2004

**Code: PK4-04**

**Cost: \$330**

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### Nine day retreat led by Patrick Kearney

*Patrick is a regular visiting teacher at BMIMC. He has 25 years experience in Buddhist meditation, in both the Zen and Theravāda traditions. Since 1984 he has trained in insight (vipassanā) meditation in the tradition of Mahāsi Sayādaw of Burma. He teaches the techniques of meditation along with the theory that underlies it. Understanding both, a student can become independent and self directed.*

This retreat is suitable for more experienced students. It will include a posture and flexibility session at the beginning of each day.

Arrive on Friday 15 October from 5.30 p.m. onwards for an 8.00 p.m. start, with supper at 6.30 p.m. Finish with lunch on Sunday 24 October at 12.30 p.m.

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### 6 - 7 November 2004

**Code: ED1-04**

**Cost: \$110**

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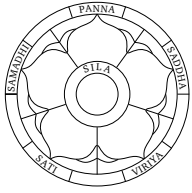
### Weekend workshop led by Ellen Davison

*Ellen has practised and studied Buddhism for 30 years in both the Theravāda and Zen traditions. She is an apprentice teacher in the Diamond Sangha lineage of Zen Buddhism, and currently teaches and leads meditation groups at the Kuan Yin Meditation Centre in Lismore.*

Vipassanā meditation cultivates wisdom and serenity through the cultivation of moment-to-moment mindfulness. This retreat will focus on developing and deepening one's meditation practice with an emphasis on applying awareness to our every day life. The workshop will include clear instruction on meditation, formal dharma talks and group discussions. It is designed especially for beginners to meditation.

Arrive on Saturday 6 November from 8.30 a.m. onwards for a 9.30 a.m. start.† Finish on Sunday 7 November at 3.30 p.m.

† For weekend retreats starting on Saturday morning, if transport difficulties make it more convenient to arrive the night before, please let us know and you may stay on Friday night (by donation)



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## SCHEDULE APRIL 2004 - JANUARY 2005

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**17 - 25 November  
2004**

**Code: SUL1-04**

**Cost: \$200\***

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**Nine day retreat led by Sayādaw U Lakkhaṇa TO BE CONFIRMED**

*Sayādaw U Lakkhaṇa is a senior meditation teacher in the Mahāsi tradition. He is abbot of a monastery and meditation centre in Burma, and is a regular guest teacher at BMIMC.*

Due to the generosity of the Burmese community and various individuals, this retreat can be offered at a reduced cost of \$200. This is an eight-precept retreat, i.e. no food is taken after midday.

Arrive on **Wednesday** 17th November from 5.30 p.m. onwards for an 8.00 p.m. start. Finish on **Thursday** 25th November with lunch at 11.30 a.m.

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**3 - 12 December  
2004**

**Code: VAN1-04**

**Cost: \$330**

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**Nine day retreat led by Venerable Ariya Ñāṇi**

*Venerable Ariya Ñāṇi is a Swiss-born Buddhist nun who lives and works in Burma, guiding foreign yogis at the Hmawbi Meditation Centre founded by Sayādaw U Janaka. This is a rare opportunity to practice with an English-speaking Buddhist nun.*

This is an eight-precept retreat, i.e. no food is taken after midday.

Arrive on **Friday** 3 December from 5.30 p.m. onwards for an 8.00 p.m. start. Finish on **Sunday** 12 December with lunch at 11.00 a.m.

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**2 - 31 January  
2005**

**Code: PK1-05**

**Cost:**

**PK1 (30 days)  
\$900**

**PK1A (15 days)  
\$450**

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**Thirty day retreat led by Patrick Kearney**

*Patrick is a regular visiting teacher at BMIMC. He has 25 years experience in Buddhist meditation, in both the Zen and Theravāda traditions. Since 1984 he has trained in insight (vipassanā) meditation in the tradition of Mahāsi Sayādaw of Burma. He teaches the techniques of meditation along with the theory that underlies it. Understanding both, a student can become independent and self directed.*

This can be taken as a fifteen day retreat (2 January - 17 January) or a thirty day retreat (2 January - 31 January). Preference will be given to those wishing to enrol for the thirty day retreat, which is suitable for experienced meditators.

Experienced meditators may join the retreat in the third and fourth weeks with the approval of the teacher.

For both courses, arrive on **Sunday** 2 January from 5.30 p.m. onwards for an 8.00 p.m. start, with supper at 6.30 p.m.

PK1A (15 days) finishes **Saturday** 17 January with lunch at 12.30 p.m.

PK1 (30 days) finishes **Monday** 31 January with lunch at 12.30 p.m.