

Calendar 2010 Last Checked: 30 Mar. 10		Satipanya		Please: confirm all dates and contact for further details Italicised courses to be confirmed.
COURSE	TEACHER	DATE/S	DURATION	COMMENT
Day Retreat	Bhante Bodhidhamma	Sat 27 Mar.	Spring Day Course	Arrive 09.30. Finish 17.00 Please bring food to share. Kick Start/Top up
Mahasi Nine Day Easter Retreat	B.B.	Sat. 3 Apr. @ 17.00 to Sun.11 Apr.. a.m.	Nine Days	Although this is a challenging course, it is easily modified for beginners. See Beginner's Testimonial on website!
Totalcare Course	B.B. with Bryan Lester	Fri. 16 Apr. @ 17.00 to Thurs. 22 April am	7 day Weekend	Right relationship towards the body combined with metta and vipassana. <i>Week end only possible.</i> Bryan, a Reiki Master and Teacher, will teach Chi Kung and Reiki techniques towards a daily programme of self care.
Contemplative Mahasi and Buddha Day Vesakkha	B.B.	Fri. 24 April @ 1700 To Mon. 3 May am Sun. 2 May Buddha Day	Ten Day	A lighter Mahasi programme allowing for reading and reflection. Mainly for those who want to take Refuges and Precepts at Buddha Day Celebration. Everyone invited to celebration. Start 10am
Day Retreat	Noirin Sheahan	Sun 30 May	Day Course	Arrive 09.30. Finish 17.00 Please bring food to share.
Mahasi Vipassana Weekend	N.S.	Fri. 4 Jun. @ 17.00 to Sun. 6 Jun. @ 16.00	A weekend	An easier schedule with opportunity for discussion. Day retreatants also welcome. Structured 4-week course offered as follow-up to integrate the practice into everyday life.
Mindfulness Six Day Course for Stress Reduction	N.S.	Fri. 11 June @ 17.00 to Wed 16 th June am	Six Days	Combines Mahasi vipassana techniques with those MBSR to lower stress. Weekend possible. Structured 4-week course follow-up integrating these practices into everyday life.
Day Retreat	N.S.	Sun. 20 June	Day Course	Arrive 09.30. Finish 17.00. Please bring food to share.
Meditative Country Hikes Sunday Celebration	Bhante Bodhidhamma	Thurs. 24 Jun. @ 17.00 to Sun. 27 Jun. a.m.	Four days	Fri. and Sat hiking meditation! Proper boots and hiking gear! Walks about 10 miles/5 to 6 hours – hilly country. Sun. start at 10am celebration of Third Anniversary
Twelve Week Summer Course Mahasi Tradition	B.B.	Saturday start dates: 3, 17 & 31 July, 14, 28 Aug. 11 Sept.	Nine Days minimum From Sat. to Sunday am	A challenging course easily modified for beginners. See Testimonial on website. Start on one of the listed Saturdays. Can stay for more than one week. Alternative Sun. possible for established meditators.
Day Retreat	Noirin Sheahan	Sun.3 Oct.	Day Course	Arrive 09.30. Finish 17.00 Please bring food to share.
Mahasi Vipassana Weekend	N.S.	Fri. 8 Oct. @ 17.00 Sun. 10 Oct. @ 16.00	Weekend Course	An easier schedule with opportunity for discussion. Open to day-retreatants. Structured 4-week course offered as follow-up to integrate the practice into everyday life.
Mindfulness Course for	N.S.	Fri. 15 Oct. @ 17.00 to Wed 20 th Oct a.m.	Six Days	Combines Mahasi vipassana techniques with those MBSR to lower stress. Weekend possible. Structured 4-week course

Stress Reduction				follow-up integrating these practices into everyday life.
Day Retreat	N.S.	Sun. 24 Oct.	Day Course	Arrive 09.30. Finish 17.00. Please bring veggie food to share
Making friends with death	Bhante Bodhidhamma	Sat.30 Oct. @ 17.00 to Sun. 7 Nov. a.m.	Nine Days	A skeleton Mahasi Course with time to read and reflect. Special area of interest death and dying with group conversation.
Mahasi Vipassana	B.B.	Sat. 20 Nov.@ 17.00 to Sun. 28 Nov.	Nine Days	Although this is a challenging course, it is easily modified for beginners. See Beginner's Testimonial on website.
Mindfulness Six Day Course for Stress Reduction	N.S.	Fri. 3 Dec - Thurs 9 Dec @ 17.00 to Wed 16 th June am	Six Days	Combines Mahasi vipassana techniques with those MBSR to lower stress. Weekend possible. Structured 4-week course follow-up integrating these practices into everyday life.
Day Retreat	Bhante Bodhidhamma	Sun. 19 Dec.	Day Course	Arrive 09.30. Finish 17.00 Please bring food to share. Kick Start/Top up
Xmas Course Five Days	B.B.	Thurs. 23 Dec. @ 17.00 to Mon. 27 Dec. a.m.	Five Days	One day of meditation. One day for reflection and contemplation. One day communal with a walk and a DVD.
New Year Course Five Days	B.B.	Weds 29 Dec. @ 17.00 to Sun. 2 Jan. a.m.	Five Days	One day of meditation. One day for reflection and contemplation. One day communal with a walk and a DVD.
Evening Classes run through spring and autumn – please check dates with manager				
N.B. During autumn and spring, it may be possible to come early for a course and also continue after as a personal retreatant.				
Coming on Retreat: In order to take full advantage of your stay, begin the course the evening before you travel by spending the time alone. In the same way make the journey itself part of your retreat, at ease with the progress of your journey - reading spiritual literature and practising meditation, even with the eyes open, and so on.				
Travel: Please organise your journey to arrive late afternoon for refreshments around 17.00. You should have no problem with local transport if you arrive in Shrewsbury by 16.00. <i>Be sure to bring directions with you!</i>				
Bus Info: Tel: +44 (0) 1743 253030 Fax: +44 (0) 1743 254382 passtrans@shropshire.gov.uk A taxi can cost you as much as £30!				
Usual Start and Ending Times: Weeklong courses start on the Saturday evening asap after 17.00 and finish on Sunday a.m.. Weekend courses begin the Friday evening asap after 17.00 and finish midday or about 16.00 on Sunday. If you are coming a long way for a weekend course, consider extending it into a personal retreat.				
Description of courses: See website http://www.satipanya.org.uk/teachings.htm – teachings. If you cannot access the web, we can send you a hard copy.				

These are my courses when I am away from Satipanya Buddhist Retreat. Courses * are not exclusively Mahasi Method.

PLACE	DURATION	CONTACT	DATE	COMMENT
SPRING COURSES				
Paris	Weekend	Daniel Milles daniel.milles@gmail.com	Fri 19 Mar To Sun 21 Mar	Details from Daniel
Gaia House West Ogwell, Newton abbot DevonTQ12 6EN	Weekend & Weeklong	Office Tel: 01626 333613 Office times 0930-1230 Mon – Sat Fax: 01626 352650: generalenquiries@gaiahouse.co.uk	Fri 7 May to Sun. 16 May	You can come for the first weekend only. The course is challenging, but easily modulated for beginners.
Friends Meeting House 12 Jesus Lane Cambridge CB5 8BA	One Day *	Dick Allen T: 01353 659082 E: < richard6601@googlemail.com >	Sat. 29 May	Arrive 09.30 Finish 17.00 Bring vegetarian food to share Absolute beginners welcome.
Bodhi Garden 7a Ship Street Gardens Brighton	One Day *	Laura Shewan 07792 981029 info@bodhigarden.org or laura@bodhigarden.org	Sun 30 May	Ditto
Passadhi, Leitrim Beg Adrigole, Beare, Co.Cork	Long Weekend	Marjo Oosterhoff 00353 27 60223 info@passaddhi.com	Fri. 4 June To Mon 7 June	No previous experience needed. Arrive by 6pm on Fri. End after lunch on.
Pian dei Ciliegi 29028 Ponte dell' Olio, (PC) Italy	Nine Day Course	Gianni Burgazzi T: 0039 (0) 523 878948 E: info@piandeciliegi.it www.piandeciliegi.it	Fri. 11 June p.m. to Sun 20 June a.m.	You can come for the first weekend only. The course is challenging, but easily modulated for beginners.
AUTUMN COURSES				
An Tobar, Ardvaccan Navan, County Meath, Ireland	Weekend Course	Margaret Groome Tel: 00353 1 2828199 mgroome@ireland.com	Fri. 1 Oct. to Sun. 3 Oct.	Arrive 1830 Friday Finish 1600 Sunday Can also come for a day or part of a day Absolute beginners welcome.
New Venue	One Day*	Mat Schencks < matschencks@yahoo.co.uk > www.oxfordgaiahouseretreats.co.uk	Sat. 9 Oct.	Arrive 09.15 Finish 17.00 Bring veggie food to share. Absolute beginners welcome.
King Alfred School, 149 North End Rd. London NW11	One Day*	Paul Cons < pwacons@mac.com > Gaia House Group	Sun.10 Oct.	Arrive 09.30 Finish 17.00 Bring veggie food to share. Beginners welcome.
Malta	Two Day-long Courses	Michael Hoey michaelhoey47@yahoo.co.uk	Sat 16 Oct. Sun 17 Oct.	Arrive 09.30 Finish 17.00 Bring veggie food to share. Absolute beginners welcome.
La Part-Dieu, 1660 Bulle, Switzerland	4 Day Course	Anne Michel anne3michel@sunrise.ch	Fri. 22 Oct to Tue 26 Oct	Arrive 17.00 Friday Finish am Weds Absolute beginners welcome.
Unitarian Meeting House, Brunswick Square, Bristol	Day Course*	Caroline Schofield schofieldcaroline@yahoo.co.uk www.bristolmeditation.org.uk/	Sat 13 Nov.	Arrive 0930 Finish 1700 Bring veggie food to share. Beginners welcome.
Cardiff	Day Course*	Tim Blanch Tel: 01656 841625 timblanch@tyedwys.freemove.co.uk	Sun. 14 Nov	ditto
Liverpool Buddhist Meditation Group	Day Course	Ursula Haekel: 0151 427 6668 Graham Murphy: 0151 722 0893	Sat 11 Dec	ditto
Birmingham Vihara Osler St. B16 9EU	Day Course	Sayadaw U Ottara Nyana Tel 0121 454 6591 E: ottama2000@yahoo.co.uk	Sun 12 Dec	ditto