

The Complete Calendar for 2019

(See website calendar for updates)

Assistants Needed

N.B. All the courses are serviced by assistants.

See website for up-to-date Assistant need: <http://www.satipanya.org.uk/calendar/>

As assistant you have the opportunity to serve others. It can be a way of expressing gratitude for the gift of Dhamma. Although the morning is mainly taken up with breakfast preparation and cooking, the rest of day is for practice. You can see the menus [here](#).

As an assistant, we do not expect payment of the deposit or make a donation because you have kindly offered your time.

However, your commitment is essential, for the course would be very difficult to run without an assistant and may indeed have to be cancelled.

If you are interested, follow this link: [Course Assistant](#)

For info. about Retreats and teachers see website www.satipanya.org.uk

See drop down menus: especially About Us, Teachings and Retreats

Would you like to come and assist on a course?

Scroll down to see where we need you.

Teachers: Click on names for bio.

Day Retreat

Kick Start/Top up

Saturday 05 January

[Bhante Bodhidhamma](#)

Local Assistant : Needed

Arrive 09.30. Finish 17.00

Please bring veggie food to share.

Winter Mahasi

[Bhante Bodhidhamma](#)

APPLICATIONS START OCTOBER 01

Assistant(s) : Jim Tibby

Eight week roll-on, roll-off Retreat.

Start dates restricted to these Saturdays:

Sat 12 Jan – Sun 20 Jan : Sun 20 Jan – Sat 26 Jan **Assistant : Jim Tibby**

Sat 26 Jan – Sun 03 Feb : Sun 03 Feb – Sat 09 Feb **Assistant Needed**

Sat 09 Feb – Sun 17 Feb : Sun 17 Feb – Sat 23 Feb **Assistant Needed**

Sat 23 Feb – Sun 03 Mar : Sun 03 Mar – Sat 09 Mar **Assistant Needed**

Finishing Sat 09 March

Open only to those who have at least one Mahasi Retreat

either at Satipanya or with another teacher

Alternate Sundays may be possible: 20 Jan.; 03 & 17 Feb.; 03 Mar.

You are encouraged to stay for more than one week.

Day Retreat

[Bhante Bodhidhamma](#)

Local Assistant : Needed

Kick Start/Top up

Sat. 16 March

Arrive 09.30. Finish 17.00

Please bring veggie food to share.

APPLICATIONS START JANUARY 07

Easter Mahasi Retreat

Noirin Sheahan

Vipassana means “Seeing clearly”.

When we see the world as it really is, we will be free from the distress that comes from identifying with a limited view of who and what we are.

During the retreat, we relax from all our usual busyness to give our full attention to present experience.

We learn to see the world more clearly, and to disentangle the knots of confusion that bind us to emotional turmoil.

At precious moments, the heart opens and we may sense what it means to be free.

Assistant : Needed

Start dates: Sat. 06 and 20 April

(Sunday 14 April for Mahasi devotees)

Finishes Sat. am 27 April

The usual schedule and format – see website.

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Buddha Day

Honouring Our Exemplar and Teacher

Taking Refuges and Precepts Ceremony

On Saturday 04 May : Start 10.30

Morning Meditation

Please bring veggie finger **communal lunch at noon.**

Ceremony starts 13.30

Afternoon Talk : Taking Refuges and Precepts : Procession

Tea and Biscuits 16.00

Vipassana : Metta : Bodycare

Bhante Bodhidhamma

with Bryan Lester, Reiki Master

Assistant: Needed

Come Friday evening if you want to join in Buddha Day Celebration

Sat 04 – Weds 08 May

Towards a Right Lifestyle

The first weekend is devoted to Mahasi vipassana and metta /Loving-Kindness and exercises that heal and/or invigorate the body.

After that, one can choose what to practise.
Discussion on how to develop the spiritual life.

Mahasi Weekend Retreat

Jenny Birkett

Assistant : Needed

Fri. 17 – Sun. 19 May

The usual schedule and format – see website.

Especially for beginners.

Weeklong Mahasi Retreat

Guus Went

25 May – Sun. 02 Jun.

Assistant : Needed

Sayadaw U Pandita's definition of Mindfulness: Mindfulness is the observing power of the mind, which clearly and simply experiences an object, without reacting to it.

We start actively to develop this power with the body as primary object. That makes it possible not to get fully entangled in the hindrances and to come to know something about them. Sitting meditation, walking meditation and daily activities are fully equal in importance. Gradually we come to know other objects of meditation, both internally and externally.

Practical thing: It is useful to take a small notebook and a pen, to make notes of observations **after** a session or during the day. This will be helpful to make the interview sessions useful and relaxed.

The usual schedule and format – see website.

Mahasi Weeklong Retreat

Carl Fooks

Assistant : Needed

Sat 15 – Sun 23 June

The Mahasi system can feel challenging, and its emphasis on moment-to-moment mindfulness can prove to feel particularly difficult. Carl teaches a gentle approach to the practice encouraging a skilful and effective orientation that helps practitioners to commit themselves fully to the practice and the schedule, and thereby get the most out of the course.

The usual schedule and format – see website.

Summer Mahasi Retreat

Bhante Bodhidhamma

Assistant : Needed

Eleven week roll-on, roll-off Retreat.

Minimum stay eight nights.

Start dates: Saturdays:-

29 June & 13 & 27 July; 10 & 24 Aug. 07 Sept.

Finishing Sun. 15 Sept

Celebration Sat 14. See below

N.B. Start restricted to listed Saturdays.

Alternate Sun. possible for Mahasi devotees.

A challenging Retreat easily modified for beginners.

See Beginner's Testimonials on website.

You are encouraged to stay for more than one week.

Assistants : Needed

Starting and ending on following Saturday.

29 June – 13 July : Needed

13 July – 27 July : Assistant : Needed

27 July – 10 August : Assistant : Needed

10 – 24 August: Assistant : Needed

24 August – 31 August: Assistant : Needed

31 August – 15 (Sunday) September: Assistant : Needed

Sangha Day : Twelfth Anniversary

Saturday 14 September

Please bring veggie food to join us for **communal lunch at noon.**

Ceremony starts 13.30

Talk: To be announced.

Weekend Retreat

Carl Fooks

Sat. 20. – Sun. 22 September

The Mahasi system can feel challenging, and its emphasis on moment-to-moment mindfulness can prove to feel particularly difficult. Carl teaches a gentle approach to the practice encouraging a skilful and effective orientation that helps practitioners to commit themselves fully to the practice and the schedule, and thereby get the most out of the course.

Assistant : Needed

See usual weekend Schedules

Day Retreat

Jenny Birkett

Saturday 26 October

Local Assistant : Needed

Kick Start/Top

Arrive 09.30. Finish 17.00

Please bring veggie food to share.

Mahasi Monthlong Retreat

Noirin Sheahan

Start dates Sat 2 and 16 Nov.

Mahasi devotees can join on Sun 10th or 24 Nov

Ends Sat am 30 Nov.

Vipassana means “Seeing clearly”.

When we see the world as it really is, we will be free from the distress that comes from identifying with a limited view of who and what we are.

During the retreat, we relax from all our usual busyness to give our full attention to present experience.

We learn to see the world more clearly, and to disentangle the knots of confusion that bind us to emotional turmoil.

At precious moments, the heart opens and we may sense what it means to be free.

Assistant Nov.Sat.02 - Sat. 16 : Needed

Assistant Nov.Sat.16 - Sat. 30 : Needed

The usual schedule and format – see website.

Day Retreat

Saturday 04 Jan 2020

Bhante Bodhidhamma

Local Assistant : Needed

Kick Start/Top

Arrive 09.30. Finish 17.00

Please bring veggie food to share.

Calendar 2019	Bhante's Calendar away from Satipanya		
<p>These are my courses when I am away from Satipanya Buddhist Retreat. Please confirm all dates with contacts below. Beginners are welcome on all retreats.</p>			
PLACE	CONTACT	DATE	COMMENT
SPRING COURSES			
London Insight King Alfred School, 149 North End Rd. London NW11	Louise Kennedy admin@londoninsight.org	One Day Sun.31 Mar.	Arrive 09.30 Finish 17.00 Bring veggie food to share.
The Malone Studio Calle de Pelayo 50 28004 Madrid	Ignacio Duque <igduque@gmail.com> +34 655 738 607	Length and Date to be set	Arrive 09.30 Finish 17.00 Bring veggie food to share
Gaia House, West Ogwell Newton Abbot, Devon TQ12 6EW	Bookings : 01626 333613 info@gaiahouse.co.uk	Weekend Fri 10–Sun 19 May Weeklong Fri 10–Sun 12 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	David Brown davidbrown1000@btinternet.com	One Day Sat. 25 May	Arrive 09.30 Finish 17.00 Bring veggie food to share
The Dharma School 149 Ladies Mile Rd. Brighton BN1 8TB	For enquiries, Rosie or Richard info@bodhigarden.org	One Day Mon 27 May Communal Walk on Sunday!	Ditto Register online at www.bodhigarden.org from 29th March.
Pian dei Ciliegi 29028 Ponte dell' Olio, (PC) Italy	Gianni Burgazzi T: 0039 (0) 523 878 948 E: info@piandeiciliegi.it www.piandeiciliegi.it	Weekend &Weeklong Fri. 31 May p.m. to Sun 09 June a. m.	You can come for the first weekend only. The course is challenging, but easily modulated for beginners.
AUTUMN COURSES			
Teach Bhride, Tullow, County Carlow Ireland	Margaret Groome Tel: 00353 1 282 8199 margaretgroome2@gmail.com	Weekend Fri. 20 Sept To Sun. 22 Sept.	Arrive 1830 Friday. Finish 1600 Sunday Can also come for a day.
Association Terre d'Eveil	DE OBALDIA Gilles < gilles2obaldia@gmail.com >	Sat. 05 & Sun 06 Oct.	Two separate day longs
Mudita	Anne Michel info@mudita.ch www.mudita.ch	Five Days Fri. 11 Oct to Tues. 15 Oct	Arrive 1830 Fri. Finish Tues. 16.00 Can also come for the weekend.
Oxford Retreats Headington Parish Hall, Dunstan Road Oxford OX3 9BY	http://www.oxfordgaiaho userretreats.co.uk	One Day Sat. 19 Oct.	Register 09.15 Finish 17.00 Bring veggie food to share.