

**IMMEDIATE RELEASE**  
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## **FIRST ANNUAL WISDOM OF MINDFULNESS RETREATS FOR WESTERNERS IN MYANMAR**

### **Myanmar's renowned Mahasi Meditation Center to launch first-ever Western yogi meditation training with two Special Retreats, one open to all and one for lay-teachers**

Mahasi Sasana Yeiktha-Yangon (MSY), in partnership with the Buddha Sasana Foundation-USA/Canada (BSF), is hosting two rare meditation retreats (January 3-17, 2016 and January 24-February 7) open to all and tailored for Westerners interested in training in the techniques and foundations of insight meditation at the Center that launched the global mass lay meditation movement.

For nearly seventy years the Center has maintained a continuous 24-hour schedule of meditation for as many as 500 yogis at a time. The life-transforming training and practice has impacted the lives of millions of meditators both in Myanmar and worldwide who have practiced in the tradition of the late Mahasi Sayadaw. The techniques have been adapted to a variety of settings in the West—medical, educational, correctional, psychotherapeutic, business, and personal growth and spiritual development, in addition to the integrated approach to Buddhist philosophy and enlightenment. The Mahasi method of insight meditation has influenced the face of Buddhist practice regionally and across the globe.

With Myanmar's recent influx of international visitors, the Center is poised to greet them by accepting foreigner lay meditation teachers and passionate practitioners interested in training in the systematic mindfulness techniques of Buddhist insight meditation that is currently sweeping the world. ([TIME: The Mindfulness Revolution](#)).

Rooted in the long monastic tradition of an integrated ethical, scholarly and meditation-based approach to pedagogy and outcomes, MSY has embarked on an unprecedented undertaking: a long-term training for Western students and lay teachers taught in the medium of the English language. The 2016 Retreats mark the first annual meditation events and the start of a new era in Buddhist training and practice.

The first yearly Mahasi Commemorative Gathering will follow the launch of the two Special Retreats on February 7 from one to five pm. The event commemorates the life and work of the late Mahasi Sayadaw with lectures and commentaries offered on the extraordinary life and impact of the Mahasi's systematization of insight meditation practice.

The retreats are open to all yogis by application on the [The Wisdom of Mindfulness](#) website but space is limited to 50 yogis in total. The retreats offer practical insights into the heart of Buddhist insight meditation and the emancipatory teachings of the Buddha.

The Retreats will be guided by the Center's Chief Abbot, Sayadaw U Jatila and the meditation teachers at Mahasi Sasana Yeiktha. Cultural and retreat assistance will be provided by Mr. Alan Clements (former monk at the Center), Dr. Ingrid Jordt (former nun at the Center) and Dr. Jeannine Davies (long-time practitioner in the Mahasi tradition). Participating yogis may come to the Retreat Assistants (kappiyas) with any questions regarding cultural translation of the monastic environment, help explaining protocol, interview style, technique questions, and other general help.