

# Sati Meditation

**Sponsored by: BAUS at Chuang Yen Monastery**

Sati Meditation (as taught by Luangpor Teean) incorporates rhythmic bodily movements to cultivate awareness of the body and the mind. This ultimately leads to direct and profound understanding of the origin of and the liberation from suffering in human experiences. Sati Meditation is a form of vipassana (insight) meditation introduced by Luangpor Teean Jittasubho (1911 – 1988) of Thailand. This unique form of meditation is especially suitable for modern society and environment because experienced practitioners can practice and apply the meditation in their daily life.

## 2009 Sati Meditation Workshop / Retreat

Sati Meditation workshops and retreats will be led by Dr. Dwight Chien. He has more than 10 years of experience in this unique form of meditation. He has practiced under many renowned Sati Meditation masters including: Luangpor Khamkhan, Achan Thong, Achan Da, Achan Maha-Direk, and Achan Khemananda.

One-Day Retreat will take place on second Saturday of April, June, August, October, and December. The participants will observe noble silence during the retreat period, including lunchtime. This is a good opportunity for Sati Meditation practitioners to further their understanding and experience about the method.

**Prerequisite:** Sati Meditation Workshop or equivalent

**Time:** 4/11, 6/13, 8/8, 10/10, 12/12 (Saturday), 10:00a.m. – 4:00 p.m.

**Place:** Woo-Ju Memorial Library, Ground Floor

**Fee:** \$10 (vegetarian lunch is included)

The workshop includes Sati Meditation teaching, practice, and a question/answer period. Each workshop is open to public and can be taken separately.

**Prerequisite:** No experience is required.

**Time:** 4/11, 6/13, 8/8, 10/10, 12/12 (Saturday), 1:00p.m. – 2:00 p.m.

**Place:** Kuan Yin Hall

**Fee:** Free of charge.

Call for more information: *Dwight Chien (908)769-0212, or Chung Yen Monastery (845)225-1819.*