



帕奧禪修中心 (新加坡)  
**Pa-Auk Meditation Centre (Singapore)**

15, Teo Kim Eng Road, Singapore 416385. Tel: (65) 6611 9242, Fax: (65) 6611 9242 Email: paauk.mc07@yahoo.com.sg  
Registered on 20.8.2007, vide Republic of Singapore Government Gazette Notification No.2555 dated 22.8.2007

7 September 2010

Dear Brothers and Sisters in the Dhamma

PAMC is pleased to announce the following programme:

**SAMATHA & VIPASSANA MEDITATION RETREAT**

- Conducted by** : **Venerable U Ukkansa & Venerable U Mahinda**  
(authorised Pa-Auk meditation teachers)
- Date** : **Option 1: 3<sup>rd</sup> – 16<sup>th</sup> November 2010 ( 14 days / 13 nights )**  
**Option 2: 3<sup>rd</sup> – 10<sup>th</sup> November 2010 ( 8 days / 7 nights )**  
**Option 3: 10<sup>th</sup> – 16<sup>th</sup> November 2009 ( 7 days / 6 nights )**

**To Register** : Submit completed application form via -

Email : [pamc.retreat@gmail.com](mailto:pamc.retreat@gmail.com) or

Fax : 6611 9242 or

Post : 15 Teo Kim Eng Road Singapore 416385

(If you are not a member of PAMC, please submit **membership application form** and **retreat application form** concurrently.)

**Closing Date** : **20 October 2010**

**Approval** : Priority will be given to yogis who are attending the retreat for the full period (Option1). Your registration is subject to approval by PAMC Programme Organising Committee, following which an approval letter will be sent to you via email or fax after the closing date.



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### **Meditation Retreat**

Typical daily schedule for the Meditation Retreat begins with the first sitting at 5am and the last sitting ending at 9pm.

All participants are required to **stay-in**, to observe **8 precepts** and **Noble silence**. Two vegetarian meals (breakfast and lunch) will be served daily.

Retreat attendance is free of charge. Dana, on a free will basis, is most welcome. This helps to defray the running cost of the retreat which includes the yogis' meals, the rental and maintenance of the premises, transportation costs, and incidental expenses.

### **Application Forms:**

Participation in the above programme is for members only. If you are currently not a member of Pa-Auk Meditation Centre, please submit completed membership application form to PAMC via post, email or fax.

Please disseminate this to friends who are interested in the Dhamma. Should you have further queries, please contact:

Brother Kaung Htat Nyunt	9271 9979
Brother Tan Teck Wee	9457 6837
Sister Yee Fei Ling	9183 4744

May you be Well and Happy!

With Metta

Programme Organising Committee  
Pa-Auk Meditation Centre



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## About the Teacher:

### Venerable U Ukkansa



Born in 1971 in Kyaikhto, Ashin Ukkansa ordained as a novice monk (samanera) at a monastery in Kyaikhto in 1988. He received the higher ordination as a bhikkhu on 23 October 1990 at Kemāsīvaṃ Pariyatti School in Kyaikhto, where he studied Buddhist Pali Studies. He passed the “Pathama Gyi” examinations in 1998.

From 1998 to 2003, Ashin Ukkansa was a teacher of Pali language at Sasana Lyin Yaung Kyi Pariyatti School, at Pago.

Ashin Ukkansa went to Pa-Auk Forest Monastery in May 2003, and learned and practiced Samatha & Vipassana meditation under the Abbot, the most Venerable Pa-Auk Tawya Sayadaw Bhaddanta Acinna.

Since December 2006, Ashin Ukkansa has been appointed a Kammathanacariya (Meditation Teacher) at Pa-Auk Forest Monastery, Mawlamyine.

Ashin Ukkansa has assumed his duties as the Resident Teacher of PAMC in April 2008, and he has conducted several retreats in Singapore and taught various Dhamma courses since then.



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## About the Teacher:

### Venerable U Mahinda



Born in 1971, Bhante hails from China; he is Meditation Teacher (Kammatthanacariya) at Pa-Auk Forest Monastery ("Pa-Auk"), Mawlamyine, Myanmar.

Ordained in July 2002 at Pa-Auk Forest Monastery with the most Venerable Pa-Auk Tawya Sayadaw Bhaddanta Acinna ("Ven Pa-Auk Sayadaw") as preceptor, he has practised Samatha & Vipassana meditation under the instructions of Ven Pa-Auk Sayadaw. Commencing May 2004, he assisted the Sayadaw as translator during interviews and helped in tutoring yogis. In March 2006, Bhante was authorised by Ven Pa-Auk Sayadaw to teach meditation and has been conducting meditation interviews for monastics and lay yogis at Pa-Auk since then.

Ven U Mahinda has conducted 5 well-received meditation retreats in July 2007, March 2008, November 2008 and February 2009 and June 2009 in Singapore; he has also taught the Abhidhamma Part 1 in February 2008 at Cheng Beng Buddhist Society, Abhidhamma Part 2 in November 2008 and Part 3 in January 2009 at Pa-Auk Meditation Centre, Singapore.

In addition to Myanmar and Singapore, Bhante has also given Dhamma talks and taught meditation retreats in Malaysia, Taiwan and China.

Ven U Mahinda has authored, translated and edited various Dhamma books in Chinese. For details of the titles, please refer to the Chinese version of the Announcement.