



Due to the ongoing fragile political situation in Burma, we happily offer an in-person mettā retreat at

‘Satipaṭṭhāna Meditation Center – Yasati’ in West Java, Indonesia **22 January – 5 February 2025**

The retreat will be taught by
Sayadaw U Indaka, Ayya Virañani, and Ariya Baumann

The practice of loving-kindness (*mettā bhāvana*) aims at the cultivation of a loving, benevolent attitude towards all living beings. Since the time of the Buddha, this form of meditation has been used as a practice in itself, and as a support for the development and deepening of insight.

In this special retreat, yogis will have the unique opportunity to learn the practice of *mettā* meditation from both a Burmese meditation master and Western teachers. Sayadaw U Indaka (who is renowned in Burma for his skill in teaching this practice) will be joined by Ayya Virañani and Ariya Baumann; together they will offer in-depth *mettā* instructions and teachings. The retreat is suitable for both beginners and experienced meditators.

As is traditionally the case, the teachings are offered on a *dāna* basis: donations will be gratefully accepted for the support of the teachers and for the stay at the center (there is no fee for accommodation and food at the Yasati Meditation Center). There is a registration fee of 200 Euros; we will return it to you when you attend the retreat.

For **registration** until **31 September 2024**, please contact:

Ayya Virañani: [viranani\(at\)gmail.com](mailto:viranani(at)gmail.com)
Ariya: [ariya\(at\)gmx.ch](mailto:ariya(at)gmx.ch)

May you and all beings be well, happy and peaceful. With mettā
Ayya Virañani and Ariya Baumann



Sayadaw U Indaka (Chanmyay Myaing Sayadaw) studied at the famous Mahagandhayon Monastery in Mandalay and later practiced meditation under Sayadaw U Janaka. In 1999 he founded the Chanmyay Myaing Meditation Centre (CMMC), where he now guides both foreign and Burmese meditators.

Ayya Virañani ordained with Sayadaw U Pandita in 2003, and has been based at the Chanmyay Myaing Meditation Centre since 2006. She teaches mettā and vipassanā retreats in Burma and the West.

Ariya Baumann was a Buddhist nun for 21 years, ordained in Burma by Sayadaw U Janaka. For many years she had been guiding foreign meditators at the Chanmyay Myaing Meditation Centre. She now lives in Switzerland and teaches mettā and vipassanā retreats worldwide.