



Spring Vipassana Meditation Retreat

*Sayadaw U Indaka
with Kate Drescher*

*Lake Doniphan Retreat Center,
Excelsior Springs, MO*

May 19-26, 2019

To register, complete and return the attached application forms or contact retreats.kd@gmail.com.

You are invited to participate in an 8-day/7-night intensive insight meditation retreat with Burmese monastic Sayadaw U Indaka and western lay-teacher Kate Drescher.

This east-west fusion retreat will support participant's growth in the contemplation and understanding of the Buddha's teachings. Sayadaw's approach is straightforward and clear; his guidance, precise. He will be speaking thru a translator, inviting a broad receptivity. Kate's teaching will augment and complement, enhancing the supportiveness and accessibility of the retreat.

The retreat will include periods of sitting and walking meditation, Dharma talks, and daily, one-on-one meetings with the teachers. It is suitable for students who are committed to deepening their spiritual practice and inspired by this opportunity. Both beginning and experienced meditators are welcome. Space is limited to 20 and is available on a first-come, first-served basis.

Teachers

Sayadaw U Indaka

is from Myanmar and was ordained in 1972 by Mahagandhayon Sayadaw. In 1976 he practiced vipassana meditation in the Mahasi Meditation Center in Mandalay, where he was taught by Chanmyay Sayadaw (Sayadaw U Janaka). He later went to Chanmyay Meditation Center in Yangon and was commissioned to teach meditation. Since 2004, he has been the abbot of Chanmyay Myaing Meditation Center, which has locations near Yangon and Mandalay. His books on metta meditation and the Factors of Enlightenment have been translated into English and German.

Kate Drescher

has been practicing meditation since 1998 and has been sharing the Dhamma since 2010. She has spent numerous periods in intensive retreat, studying with teachers in the lineage of Mahasi Sayadaw. In 2008, she met Sayadaw U Indaka and practiced under his guidance for 5 months at Chanmyay Myaing Meditation Center in Myanmar. She teaches metta and vipassana meditation retreats in the U.S. and Canada.