

# 4 Week Meditation Retreat

## Venerable U Jagara

### From Pa Auk Tawya Forest Monastery in Southern Burma

**What:** This retreat will focus on the development of strong and powerful concentration (i.e. *jhanas*) as the foundation for the deep Vipassana practice that the Pa Auk method teaches when the meditator is sufficiently concentrated.

**Teacher:** Venerable U Jagara

Born in Canada, Ven. U Jagara was introduced to Buddhist practice in the early 1970's by Robert Hoover, and ordained as a monk under the Venerable Mahasi Sayadaw in Burma in 1979. He spent 15 years in Sri Lanka combining meditation with the study of Buddhist texts and periodically traveled to India where he practiced in intense retreats with S. N. Goenka. For several years he conducted retreats in India, America, Europe and Asia in the S.N. Goenka tradition. Since 1995 U Jagara has trained under the guidance of Pa Auk Sayadaw, the Burmese master renowned for his faithful adherence to the Visuddhimagga as both a practical guide to jhana and a detailed exposition of direct analytical approaches to vipassana. U Jagara assists Pa Auk Sayadaw in the teaching and recently assisted a two-month retreat held in Barre, MA, in 2006.

**When:** noon, Friday April 27<sup>th</sup> to noon on Sunday May 25<sup>th</sup>  
**We will prepare the site on Friday and begin sitting in Saturday**

**Where:** Four Springs Meditation Center  
Two hours north of San Francisco, near Calistoga  
(Map and driving instructions provided upon registration)  
To see more about Four Springs please view their web site, [Four Springs.org](http://FourSprings.org)

**Participants:** 30 yogis maximum. Experience with at least one silent 10-day retreat or longer is highly recommended.

**Format:** This is a monastic retreat. Retreatants will be asked to follow the 8 precepts, including not eating after noon and maintaining Noble Silence. Meditation periods will be at least one hour each, and the periods will be extended as the retreat progresses. Sitting in chairs will be allowed in the Meditation Hall.

**Price:** \$1450.00 for the month in a private room  
Teachers and staff will offer their services on a dana basis.

**Reservations:** **Please download the application from our web site: [paauk.org](http://paauk.org)**

**Questions:** Please contact Kim McLaughlin, [kimmel@pacbell.net](mailto:kimmel@pacbell.net), 510-524-1996

**This retreat is sponsored by a group of students of the Pa Auk Sayadaw.**