



MAHĀSATIPAṬṬHĀNA MEDITATION CENTER

Đại Niệm Xứ Thiên Viện

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Invitation for

15-DAY SPRING 2026 MEDITATION RETREAT WITH VENERABLE SAYĀDAW U THUZANA (from Saturday 1/31 - Sunday 2/15)

November 11th, 2025

Dear Yogis and Dhamma friends:

We would like to invite you to participate in a 15-day Spring 2026 meditation retreat at the Mahāsatipaṭṭhāna Meditation Center under the guidance of Venerable Sayādaw U Thuzana, starting at **8:00PM on Saturday January 31st, until 12Noon on Sunday February 15th.**

During the past 3 years, Sayādaw U Thuzana has come to the Mahāsatipaṭṭhāna Meditation Center and guided our annual Spring retreats. Sayādaw U Thuzana currently is, and has been, the Abbot of the Tathāgata Meditation Center (TMC) in San Jose, California since 2011. Before 2011, Sayādaw was the chief meditation master at the Malaysian Buddhist Meditation Center (MBMC) in Penang, from 2003-2010. From 2000-2003, he was an assistant to the late Sayādawgyi U Paṇḍitābhivaṃsa at Paṇḍitārāma Hse-Mine-Gone Meditation Center in Bago, Myanmar. In this capacity, Sayādaw has taught *Vipassanā* meditation to many local and foreign yogis for many years.

This 15-day retreat is consisted of intensive *Vipassanā* meditation practice, Dhamma talks, and interviews. The daily schedule starts at 5AM and ends at 10PM. Priority in registration will be given first to full-time attending yogis. Interested yogis can fill out the digital registration form (via our website at dainiemxutv.org). Starting on December 20th, 2025, the organizers will contact to inform you in regard to your acceptance.

Once accepted, yogis are advised to bring sleeping bag, linen covers, and other personal necessities when coming to the retreat (including plenty of clothings for the length of stay). Full time yogis should plan to check into your room **before 5:00PM on Saturday January 31st**. The retreat orientation will be given to all yogis at 8:00PM on that same day.

Please contact Puṇṇa Bhikkhu at (510) 637-9632 or email to us at: dainiemxutv@gmail.com should you have any questions regarding the retreat.

With Metta,
On Behalves of the Center Organizers