



MAHĀSATIPAṬṬHĀNA MEDITATION CENTER

Đại Niệm Xứ Thiền Viện

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Invitation for **10-DAY FALL 2026 MEDITATION RETREAT** **WITH SAYALAY DAW VAJIRANYANI (VAJIRANĀṆI)** **(from Sunday 8/30 - Wednesday 9/9)**

July 20th, 2026

Dear Yogis and Dhamma friends:

We would like to invite you to participate in a 10-day Fall 2026 meditation retreat at the Mahāsatipaṭṭhāna Meditation Center under the guidance of Sayalay Daw Vajiranyani, starting at **5AM on Monday August 31, until 12Noon on Wednesday September 9**. The retreat will be preceded with the annual Parents Appreciation Ceremony on **Sunday August 30, from 9AM to 12Noon** (with a separate program).

Sayalay Daw Vajiranyani (often referred to as Sayalay Vajira) is an American Theravada Buddhist nun who has practiced Vipassana meditation since 1980. After her ordination as a nun in 1991 by Most Venerable Sayadawgyi U Pandita, Sayalay has continued to practice, study, teach Pali, and translate various Dhamma talks of the Most Venerable Sayadawgyi U Pandita and others. In 2015 she was invited to teach at Dhammaramsi Meditation Center (Riviere, Belgium) and has since taught and led various meditation retreats globally in US, Europe, and Asia.

Our 10-day retreat is consisted of intensive *Vipassanā* meditation practice, Dhamma talks, and interviews. The daily schedule starts at 5AM and ends at 10PM. Interested yogis can fill out the digital registration form (via our website at dainiemxutv.org). Once your registration form is received, the center will inform you regarding your acceptance.

Once accepted, yogis are advised to bring sleeping bag, linen covers, and other personal necessities (including enough clothings for the length of stay) when coming to the retreat. Yogis are required to turn in all electronic devices such as cell phone, laptop, and iPad to the center office and refrain from using them during the entire retreat. Full time yogis, and those who are new to the practice, are encouraged to check-in **around 4PM on Sunday August 30th**. A retreat orientation will be given to all yogis at 8PM 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