



**Online Sunday morning meditations**

Register [here](#)

**Metta weekend Leiden**

Vipassana Leiden

4-6 november

Click [here](#)

**Metta Stadsretraite “De kracht van metta en vipassana in tijden van onzekerheid”**

Nijmegen

13-18 november

Click [here](#)

**ONLINE City retreat “MUDITA”**

InzichtMeditatie Antwerpen

20-26 november (optional: Mudita meditation day near Antwerp on November 27)

Click [here](#)

**City retreat**

Vipassana Rotterdam (program will be announced soon)

3-9 december

Click [here](#)

**Village retreat**

Heino (program will be announced soon)

11-16 december

Registration: [meditatiegroepheino@gmail.com](mailto:meditatiegroepheino@gmail.com)

**Kerst stadsretraite “Metta, cultivating the good”**

Groningen

18-23 december

Click [here](#)

**Christmas - New Year in Amsterdam**

Program will be announced soon

[www.amsterdaminzichtmeditatie.nl](http://www.amsterdaminzichtmeditatie.nl)



Due to the ongoing COVID-19 pandemic and the very fragile political situation in Burma, again we will offer two mettā retreats online:

**1<sup>st</sup> retreat:** 16 – 30 January 2023\*, **2<sup>nd</sup> retreat:** 6 – 20 February 2023\*

The retreats have the format of a ‘**city retreat**’, which means that you can engage in certain everyday activities, but you are asked to follow these requirements:

- To be present at the daily online session (zoom), about 1½ hours (\* see below)  
This online session includes: instructions for mettā meditation, a guided sitting meditation, Q & A
- Listen to a recorded mettā talk every day  
We will indicate a specific mettā talk from us which you can listen to on the internet. You can choose the time to listen to the talk yourself.
- 3 hours of formal mettā meditation (at least 1 hour of which while walking), or of course more if possible....  
Experienced meditators may do an intensive mettā meditation retreat at their home with additional support from the teachers.
- Group interviews every few days. Individual interviews are possible.

For **registration** until **31 December 2022**, please contact:

Ayya Virañani:       viranani(at)gmail.com

Ariya:                 ariya(at)gmx.ch

As is traditionally the case in Burma, the teachings are offered on a *dāna* basis: donations will be gratefully accepted for the support of the teachers.

May you and all beings be well, happy and peaceful.

With mettā

Ayya Virañani and Ariya Baumann

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**1<sup>st</sup> retreat: 16 – 30 January 2023**  
suited for yogis in **Australia, Asia, Europe**

Sydney 18.30 hours  
Central Europe 08.30 hours

**2<sup>nd</sup> retreat: 6 – 20 February 2023**  
suited for yogis in **Europe & USA**

Central Europe 15.00 hours  
Boston 09.00 hours  
San Francisco 06.00 hours



**Ayya Virañāṇi** began to practice meditation in 1979, as a scientist and conservation biologist in Hawai'i and New Zealand. In the mid-1990s, she began to practice intensively, and in 2003 took novice ordination in the Burmese lineage of Mahasi Sayadaw. She took permanent ordination in Burma with Sayadaw U Pandita on New Year 2006, and now mostly resides at the Chanmyay Myaing Meditation Centre North of Yangon. She was one of the editors (for Pāḷi and English) of the translation from the Burmese of Mahasi Sayadaw's Manual of Insight published by Wisdom Publications. She teaches

mettā and vipassanā meditation retreats worldwide.

**Ariya Baumann** was a Buddhist nun from 1992 until 2013. She ordained and practiced vipassanā and mettā meditation under the guidance of Sayadaw U Janaka in Burma. After years of intensive practice, she began to translate for the Burmese teachers and to teach herself. Today she guides vipassanā and mettā meditation retreats worldwide in which mettā chants are an important part of cultivating a friendly and benevolent heart & mind. Among the books she has translated from the Burmese into German and English are Mahasi Sayadaw's 'The Manual of Insight' and Sayadaw U Indaka's 'Mettā' and 'Bojjhaṅga' (about the factors of awakening). [www.vipassana-metta.com](http://www.vipassana-metta.com)



In 2008, Ayya Virañāṇi and Ariya Baumann co-founded **Mettā In Action**, a group devoted to supporting the people of Burma through yearly offerings to nunneries, schools, clinics, and villagers. [www.mettainaction.org](http://www.mettainaction.org)