

Name/Address:	Pa Auk Tawya Meditation-Centre (Thailand) 3501, Champa Lo, Mueang Ang Thong District, Ang Thong 14000, Thailand
Teacher/Method:	Ven. Revata is, when he is at the centre, every alternate day available to answer questions and give practical guidance in concurrence with the methods advocated at the main Pa Auk monastery in Myanmar. Ven. Revata faithfully observes the disciplinary rules of the bhikkhus (Vinaya), as prescribed by the Buddha.
Dhamma Study:	Dhamma studies in full time are not possible. The centre focuses mainly on meditation. This restriction may lessen, since the teacher currently in office perhaps won't stay long term and other Pa Auk teachers encourage or at least give permission to pursue dhamma studies.
Schedule:	Also in correlation to the main Pa Auk monastery in Myanmar. One may attend the official chantings and group-meditation-sittings or alternatively engage in practicing for oneself in one's personal quarter or at one of the centres several public localities opportune for this. The schedule is as follows: 04:00–05:30: Chanting and group sitting meditation 06:00–07:00: Breakfast 07:30–09:00: Group sitting meditation 10:30–11:30: Lunch 13:00–17:00: Group sitting meditation (break possible) 18:00–19:30: Chanting and group sitting meditation
Costs:	Teaching, food, and accomodation are rendered free of charge. The centre's expenses are met according to the Buddhist principle of voluntary charity. No one is anticipating from anybody to give a donation (you are nonetheless warmly welcome to do so if you like), but just to stringently practice buddhist dhamma.
Food:	The centres kitchen provides a sufficient diet: rice, varying curries, vegetables, fruits and sweets are part of the regular menu and sufficiently supplied.

Locality:	The meditation-centre lies in 5–7 km distance from the city of Ang Thong, which itself is located around 100 km from Bangkok. Lotus ponds and plain lakes embellish the landscape of the centre, as well as several nicely upkept lawns, which are situated between many recently build facilities on the centres premises. Many trees were newly planted. The centre is surrrounded by much water (mainly lakes and ponds), fields and also wasteland.
Facilities:	The centre can accomodate around 70–80 bhikkhus, 50 sayales, 20 male and 140 female practitioners. The oncoming yogis are usually given a single room with attached bathroom. There are several public places facilitating meditation (in the open – roofed – or in four conventional halls).The general standard is western.
Name/Address:	Wat Thung Po Buriram
Teacher/Method:	Luang Por Art (Ven. Avuddhopanyo) is a senior member of the Dhammayutika-Nikaya in Thailand, and as a consequence teachings as to use the internal recitation of the word „Buddho“ while breath-meditation to aid the development of calmness of mind or body contemplation for the sake of insight are typically but not exclusively given. At Wat Thung Po one is generally expected to be able to practice on one’s own, hence not much formal teaching should be expected.
Dhamma Study:	Self initiated and self directed studies are possible, in full- or part-time.
Daily Routine:	The community gathers for joint chantings at around 04:00 am and 06:00 pm. One might be exempted from having to participate in these gatherings if one prefers to practice (chanting, study or meditation) by oneself in one’s kuti or elsewehre. Around 08:30 am is the communal meal which is furnished by means of the communitiy member’s almsround as well as by day-visitors. Around 04:00 or 05:00 pm one is expected to help cleaning the monastery for up to a full hour. The

rest of the day is left unstructured.

- Costs:** Teaching, food, and accomodation are rendered free of charge. The centre's expenses are met according to the Buddhist principle of voluntary charity. No one is anticipating from anybody to give a donation (you are nonetheless warmly welcome to do so if you like), but just stringently to practice.
- Food:** The monastery provides a sufficient diet: rice, varying curries, vegetables, fruits and sweets are part of the regular menu and usually lavishly supplied.
- Locality:** The monastery lies a few kilometers outside the city of Buriram, eastern Thailand, around 350 kilometers from Bangkok. It is mostly surrounded by fields, whereas the dwellings of the townsfolk can be quite near (approx. 100 m). This, however, does not affect the general quietude within the precincts of the monastery to a great extent.
- Facilities:** The monastery can accomodate approximately 50 bhikkhus or male practitioners. Predominantly individual huts with attached bathroom are allocated. Single rooms withing a larger building may also be assigned. There are three big halls, where one is welcome to practice, study or recite, besides one's own personal hut – in one of the halls the meal is taken in communion. The general standard is western or nearly so.
- Name/Address:** **Pa Auk Tawya (Laegu Branch)**
Express Highway 18 Miles 3 Fallon
Laegu Village
- Teacher/Method:** Ven. U Kondala (or ven. U Ko) teaches in close affiliation to the proceedings of the ven. Pa Auk Sayaday, wherein the practice of mindfulness of breathing (ānāpānasati), mainly for the development of concentration (samādhi), and the four elements meditation (dhatu vavatthāna), mainly to develop insight, takes a principal part. In giving explanations authoritative recourse is taken to the lores of the pāli traditions tipitaka, in addition to their

commentarial literature. Ven. U Kondala faithfully observes the disciplinary rules of the bhikkhus (Vinaya), as prescribed by the Buddha. He is daily available (usually around 04:00 pm) for answering questions and general teachings.

Daily Routine:

At Pa Auk Laegu there is no given structure to be strictly observed. One may practice by oneself in one's private lodging or in the meditation hall. People who find it more suitable to practice according to a given routine might benefit from partaking in the meditation schedule offered. In the following a sketch of the general daily routine:

04:00—05:30: Chanting and group sitting meditation

05:30—06:00: Breakfast offering

06:00—07:30: Unstructured time

07:30—09:00: Group sitting meditation

09:00—10:30: Unstructured time

10:30—11:30: Lunch offering

11:30—13:00: Unstructured time

13:00—17:00: Group sitting meditation (break possible)

17:00—18:00: Unstructured time

18:00—19:30: Chanting and group sitting meditation

19:30— Unstructured time

Costs:

Teaching, food, and accommodation are rendered free of charge. The centre's expenses are met according to the Buddhist principle of voluntary charity. No one is anticipating from anybody to give a donation (you are nonetheless warmly welcome to do so if you like), but just stringently to practice.

Food:

The monastery provides a sufficient diet: rice, varying curries, vegetables, fruits and sweets are part of the regular menu and usually sufficiently supplied.

Locality:

The monastery is situated around 40 km from the city centre of Yangon. It is embedded in grassland and fields and surrounded by plantations. The setting is placid and not much noise can be heard.

Facilities:

There are around 30 Kutis, many of which are rather spacious individual ones (with an attached bathroom),

one simple and small dining hall and a more substantial two storey meditation hall, besides several minor constructions. Generally the buildings are new.