

Phra Manfred Schafft



Phra Manfred began Vipassana practice in the tradition of the Most Venerable Phra Prommongkol Vi (Most Venerable Ajarn Tong Sirimangalo) at the age of 18. After several retreats in Germany and Thailand, he began teacher training under the guidance of Ajarn Thanat Chindaporn. In 2016, he was authorized by the Most Venerable Ajarn Tong Sirimangalo to become a Vipassana teacher and in the same year he received the Buddhist Benefactor Award in Chiang Mai. In 2019, he received a special honor from the Most Venerable Phra Prommongkol Vi (Most Venerable Ajarn Tong Sirimangalo). Phra Manfred has been ordained as a monk since 2020.

Mohamed Ahamad und Hannah Cousins



Mohamed Ahmad has been practicing Vipassana since 2010. Mohamed is of Lebanese descent and spent his childhood in Africa and later in Belgium. He speaks English, French and Arabic.

Hannah is from the United Kingdom and has been practicing Vipassana since January 2012.

Since discovering this method, they have spent most of their time living and working at the Northern Vipassana International Meditation Center at Wat Phrathat Sri Chomtong in Thailand.

After extensive practice and training with Ajarn Tong's long-time disciples and the Northern Vipassana International Meditation Center's main teachers, Ajarn Thanat and Ajarn Kathryn Chindaporn, Mohamed and Hannah received their teaching certificates and blessings from Venerable Phra Prom Mongkol Vi (Ven. Phra Ajarn Tong Sirimangalo) in March 2013 and October 2014, respectively.

In May 2014, Mohamed and Hannah received the Benefactor of Buddhism Award from the Chiangmai Provincial Government in recognition of their contributions to Buddhism.

In May 2019, they received an award from Venerable Phra Prom Mongkol Vi (Ven. Ajarn Tong Sirimangalo) for their contributions to the spread of Vipassana meditation.

Together, Mohamed and Hannah have led Vipassana courses in France and in Egypt. They currently live in Thailand with their son Gabriel and assist Ajarn Kathryn Chindaporn in teaching Vipassana to international meditators at the Northern Vipassana International Meditation Centre in Chomtong. This year (April 2023) Hannah received the Sema Dhammacakka Award presented by HRH Princess Maha Chakri Sirindhorn of Thailand.