

*Welcome to Vipassana*

*Scheyern Abbey*

17th August – 1st September 2025



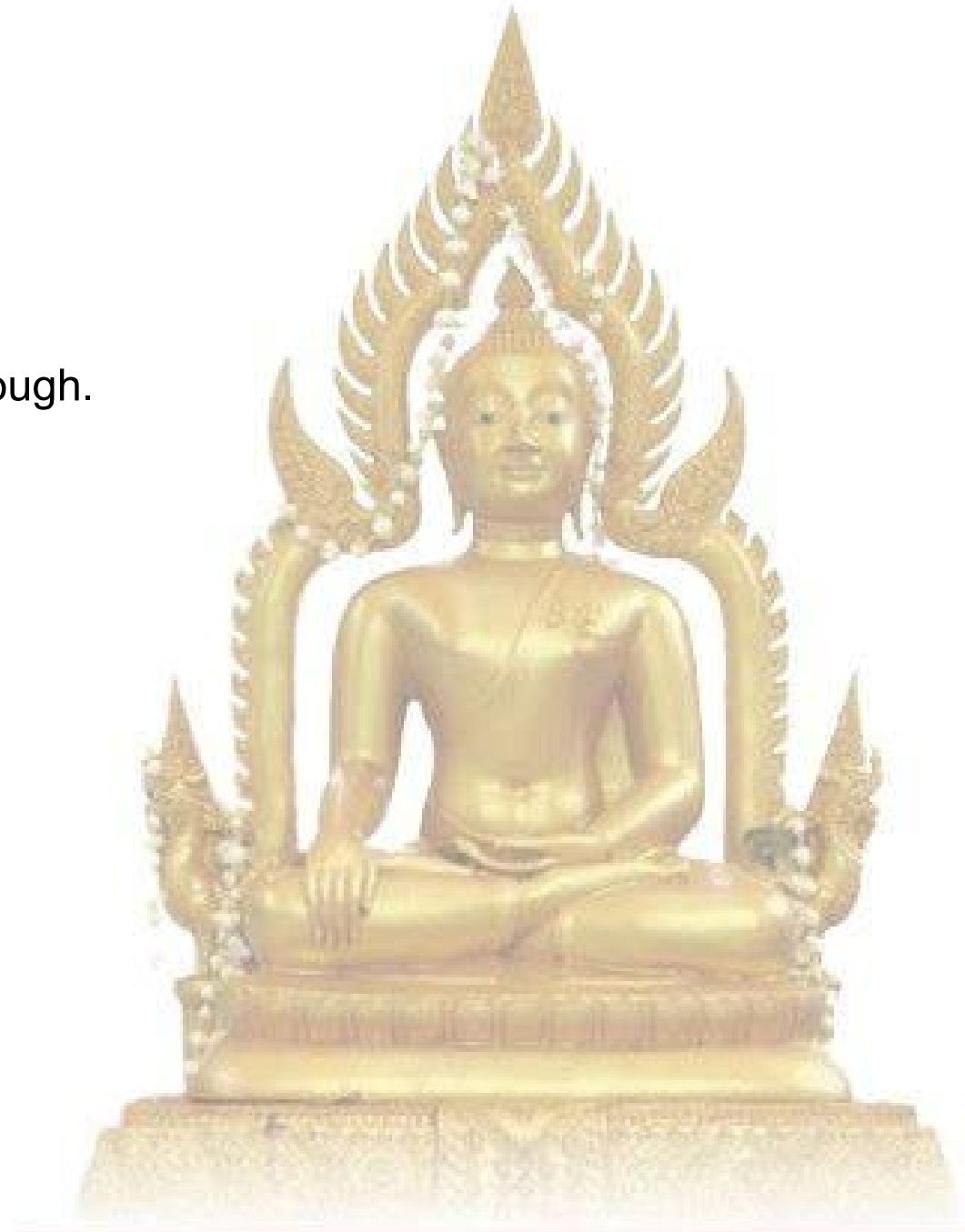
# *What is Vipassana?*

**Vipassana means to see - to see clearly - to see through.**

This is a guided meditation course. The method is an intensive form of the Mahasi Sayadaw Technique with sequences of mindful prostrations, walking and sitting meditations - All under the Teaching of the Most Venerable Phra Prom Mongkol Vi. (Ven. Phra Ajahn Tong Sirimangalo).

Meditators will learn how to apply mindfulness on the Body, Feelings, Mind and Mind Objects using simple and structured exercises.

All arising phenomena are labeled mentally.





*The Most Venerable Phra Prom Mongkol Vi.*

*(Ven. Phra Ajahn Tong Sirimangala)*

*21.09.1923 - 13.12.2019*



# *Our Founding Teachers*



In the year 2000, Senior Vipassana Teachers, Thanat Chindaporn, Kathryn Chindaporn, Founders of the Northern Vipassana Meditation Centre in Thailand, and Hildegard Huber brought the teaching of the late Venerable Phra Ajarn Tong to Germany, hosting a course in Vipassana at the Benedictine Abbey in Scheyern. Since then, the Buddhist Sangha has grown rapidly, with many Centre's and groups developing in different regions of Germany and in Europe, the Dhammacari, Sonnentel, Bavaria being the first to officially open in 2005.

Because of the kind, open and generous welcome received from the Monks and community at the Catholic Monastery of Scheyern 25 years ago, it is deeply important to our teachers and the wish of the Late Venerable Phra Ajarn Tong and Khun Thanat Chindaporn to continue and honor this special and unifying tradition each year.

# *Course Information*

## **The 16-day Course** (Including arrival and departure days).

Everyone is very welcome. This is a silent meditation course. No previous experience is required or necessary. This course is suitable for beginners and experienced Meditators.

## **12-Night Course** (Including arrival and departure days).

For Meditators who have completed the Basic/Beginners Course in this technique, retreats are for 12 nights.

## **Introductory Course**

If you would like to try this method of meditation or have limited time available, we recommend between 5 and 10 days for an Introductory Course.

All courses are individual and begin from the day you arrive. Meditators will receive individual guidance daily with a certified Vipassana Teacher.

# *The Eight Buddhist Precepts*

Meditators will undertake the Eight Buddhist Precepts during their stay. The Precepts are the foundation to our meditation practice, ensuring a safe and suitable home for guests to experience the benefits of Insight Meditation.

- To refrain from intentionally taking the life of any living being
- To refrain from taking anything that is not given
- To refrain from any kind of sexual or romantic activity
- To refrain from false and harsh speech, gossiping or slanderous speech
- To refrain from consuming any alcohol and any intoxicating or mind-altering drugs. This includes cannabis in any form.
- To refrain from eating after 12 noon
- To refrain from dancing, singing, music, TV and from wearing cosmetics including nail varnish/gel nails, perfumes and jewelry
- To refrain from the use of luxurious beds and seats



# Guest Teachers

This Year, guest teachers Phra Manfred Schafft, Mohamed Ahmad and Hannah Ahmad will be teaching courses at the Benedictine Monastery for the third consecutive year. Direct students of Khun Thanat and Khun Kathryn Chindaporn, they have spent many years at the Northern Vipassana Meditation Centre in Thailand, each receiving authorization, blessing and certification to teach Vipassana based on the Four Foundations of Mindfulness directly from the Late Venerable Phra Ajarn Tong Sirimangalo.



For more information about Phra Manfred please visit <https://buddhayana-ev.de/en/teacher/>,

For more information about Mohamed and Hannah please visit <https://vipassanafrance.com/about-us/>



For more information about the Northern Vipassana Meditation Centre in Thailand and the lineage, please visit [www.northernvipassana.org](http://www.northernvipassana.org)

# General Rules

- Dress Code - Meditators will wear white clothing only. Clothing should be loose and comfortable. Arms, legs and chest should be covered.
- When arriving to the Temple grounds, please dress politely and in keeping with monastic culture. (Legs, shoulders and chest should be covered)
- **Noble Silence** - This is a silent retreat. The practice of Noble silence is of high importance to one's development of mindfulness and gaining of insight through meditation. We kindly ask you to respect this rule and do not disturb the practice of others or allow others to disturb your progress and practice too.
- It is important to follow the instructions set by the Teacher. We do not mix other meditation techniques or disciplines during the course
- The use of mobile phones and laptops are not permitted during course. Before you begin, we recommend to share our contact details with a friend or relative in the case they need to contact you
- Physical exercise including Yoga, are not permitted during this course
- Reading and writing are not permitted during this course
- Please do not exit the Monastery grounds during your retreat
- Every one is welcome, regardless of religious background or meditation experience. We ask, that guests respect the Eight Buddhist Precepts, the monastic culture and property, guidelines and staff during their stay



# *Arrival Day*

Please arrive for check-in between **14.00** and **16.00**.

Welcome gathering and light refreshments/dinner - **17.00**

Opening Ceremony - **18.00**

Introduction - **19.00**

At the traditional Opening Ceremony, the Teaching and the Eight Buddhist Precepts are formally requested.

At the Introduction, you will be shown how to apply the method. The exercises of mindful prostrations, walking and sitting meditations will be demonstrated for you with the opportunity to ask questions, this will be followed by a tour of the Monastery grounds and facilities.



# *Check-in*

Please plan to arrive at the monastery on the 17<sup>th</sup> between **2pm** and **4pm** for registration and check in.

Here we will give you the room key and collect the money for the room. (The Monastery takes **25 Euros** per night).

When you arrive, please come directly to the dining room.

# *Daily Schedule*

Wake up – 04.00

Breakfast – 06.30

Lunch – 11.00

Sleep – 22.00

Meditation practice continues throughout the day. Meditators will be scheduled a daily interview with a certified Vipassana Teacher.

Working Meditation will be included in to your daily schedule for one hour per day.

# *Accommodation*

Meditators will receive a private room and bathroom. Bedding and towels are provided by the Monastery.

The room charge per night is 25 Euros.

Please do not exit the Monastery grounds during your retreat.

# *Food*

Food is by donation. Food will be vegetarian. Breakfast will be at 6.30 and Lunch is at 11am.

Working meditation may include helping to prepare meals and support in the kitchen.

Please inform us in advance regarding any food allergies.

# *Teaching*

The teaching is given by donation only. This is in the Buddhist tradition of Dana (Generosity).

# *Items to bring with you*

- Cash for the room payment (**25 Euros per night**)
- Cash for the donation for your teacher and their flight ticket
- Cash for the donation for food
- White comfortable clothes (clothes should cover the arms, legs and chest and not see through)
- Meditation cushion
- Sitting mat or blanket
- Thermos bottle
- Toiletries
- Digital timer/alarm clock (mobile phones are not permitted)
- Flowers for the opening ceremony/buddha shrine
- House slippers

# *Travel Information*

The Benedictine Monastery, Schyrenplatz 1, D-85279 Scheyern), is located in the beautiful landscape of Holledau, set in a quiet and spiritual atmosphere, ideal for meditation.

Google Maps <https://maps.app.goo.gl/yPcC8kZmSc1S5nft5>

**Arrival by train:** Pfaffenhofen a.d. Ilm (between Munich and Ingolstadt).

Advisable is an arrival between 2pm and 3pm. Small groups can go by taxi to the monastery (10km, ca. 12 euros). Taxi Center Pfaffenhofen Tel: (08441) 83033.

**Arrival by car:** (If possible, please take other members of the course along with you). A9/E45 Munich- Nurnberg, gateway Pfaffenhofen (66). From Pfaffenhofen to Niederscheyern and Mitterscheyern and then to Scheyern.



# *Exclusion of Liability*

Everyone is welcome, regardless of one's religious background, with or without meditation experience. Guests are required to respect and follow the Eight Buddhist Precepts, Noble Silence, Monastic culture, all properties, staff and guidelines during their stay.

The participation in a course is always at one's own choice and responsibility.

The courses available are not therapeutic and therefore not a replacement for professional treatment of those with mental or physical disorders.

The Teachers and organizer's reserve the right to deny participation in a course and invite a participant to leave earlier if he/she does not follow the rules and instructions or endangers himself/herself or others.

# Contact Information

Please contact Arthur to register.

Registration Email: [meditation-2025@gmx.de](mailto:meditation-2025@gmx.de)

For further enquiries by whatsapp, please contact Hannah:

+66 933181662

In association with:

[www.northernvipassana.org](http://www.northernvipassana.org)

&

[www.vipassana-dhammacari.com](http://www.vipassana-dhammacari.com)

