



The Satipatthana Meditation Society of Canada (SMSC)

Welcome, and please follow the instructions to start the meditation course for Beginners.

- 1. Open the website (Satipatthana.ca) and click the YouTube button on the Homepage.**
- 2. Go to Beginner Guide to Mindfulness Insight Meditation on the SMSC YouTube. There are 12 Dhamma Talks by Meditation Teacher Sayar Myat. Listen to the introduction and the following on a weekly schedule for each talk.**
- 3. After listening to the Dhamma Talk, follow up with one-hour meditation practice per instruction in the talks. You can work up to one hour gradually if you cannot sit an hour long. (Practice daily.)**
- 4. Every week, write a report per the attached guideline of your practice and a summary of the Dhamma talk listened to. Please send it to chanmyay.bc@gmail.com along with any questions you may have.**
- 5. The teacher, Sayar Myat, will promptly correct and suggest what is required based on your report.**
- 6. There will be a two hours Zoom meeting interview on the sixth and eleventh week. (You will receive a Zoom meeting invitation.)**
- 7. An intermediate course is available if one wishes to learn after completing the Beginner Course.**

**Appreciate your interest in learning Mindfulness
Insight Meditation.
SMSC**