

# Satipaṭṭhāna Sutta Study with Meditation Workshop

## Workshop Outline

1. **Preamble:** How the classification of the Buddha's teaching evolved
2. **Introduction:** Significance and background of the sutta
3. **Overview** of the structure of the sutta
4. **Recitation** of a passage of the Pali text followed by translation and exposition
5. **Discussion** connected with that passage (if any)
6. **Presentation, Q&A** session
7. **Explanation**
8. **Guided meditation** connected with that passage (if any)
9. Repeat steps (4) to (7)
10. **Summary and conclusion** for each day
11. **Sharing merits, making aspirations**

## Check-list for Organisers

1	<p>There should be an MC</p> <ol style="list-style-type: none"> <li>1. to mobilise the discussion groups and to keep time for the start and end of discussions (reminder signal 5 minutes before time's up)</li> <li>2. to round up participants for meditation especially after lunch and for resuming after tea-break</li> <li>3. to ensure that the files to be viewed are sequentially played through the MP4 player.</li> </ol>	
2	<p>Each group should have a facilitator (with special coloured name tag?) to guide the discussion so that it does not digress from the topic.</p>	
3	<p>Before the start of a discussion, each group should agree on a presenter so that she/he can take notes while the discussion is in progress.</p>	

4	While the facilitators shall remain the same for the whole workshop, the presenters should preferably change for each new topic of discussion.	
5 <sup>1</sup>	Preferably, the group composition should change for each day. If possible, try to group participants with more-or-less similar levels of knowledge and experience. This should be pre-arranged.	
6	Lots with the group number written on each lot should be prepared. The MC will draw lots to pick a group to present its conclusions on the discussion topic being covered.	
7	Ensure that all AV / MM equipment are properly installed and in working order. LCD projector to be tested for colour mixture and clarity on the screen especially for the session on the 32 Parts of the Body and Cemetery Contemplations because many colour images will be shown in the morning (Part 1, Day 2).	
8	There should be at least 2 properly working microphones: One for the speaker/MC and another for the participants during Q&A and presentation.	

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- 1 Experience from previous workshops shows that too large a disparity of knowledge and experience among group members will not make discussion meaningful and effective. For more meaningful results, there should be more stringent prerequisites for short-listing applicants, such as
- (a) previous experience in satipaṭṭhāna meditation and
  - (b) commitment to study the course book prior to the workshop.