

Satipaṭṭhāna Sutta Study with Meditation Workshop

Timetable

Day 1

<i>Time</i>	<i>Duration</i>	<i>File no.</i>	<i>Topic to Cover / File name</i>	<i>Page no.</i>
	08:53	100	Opening	
	34:39	101	Preamble: Classification of the Buddha's Teachings	
	18:21	102	Introduction: Significance & Background	
	07:51	103	Overview: Structure of the Sutta	
	08:54	104	Abstract I	12
	20:00 + 11:13	105	Discussion D1: What is sati?	13
	16:39	106	Abstract II	14, 90
	12:57	107	1.1 Section on In-Breath and Out-Breath	16 – 22
	30:00		Meditation (Personal practice)	
			Mindful Lunch	
	30:00		Meditation (Personal practice)	
	20:00		Discussion D2 - D4	17, 21
	06:07	108	Discussion D2: 1st person direct speech vs anatta	17
	26:55	109	Discussion D3: What is "whole body"? How to "calm the bodily formation"	21
	06:14	110	Discussion D4: How to contemplate internally / externally	21
	09:33	111	1.2 Section on Postures	22 – 24
	12:42	112	1.3 Section on Clear Knowing	26 – 28

	05:59	113	Guided Meditation on Acting while clearly Knowing	
			Mindful Tea-break	
	20:00 + 14:50	114	Discussion D5: How to dwell independently, without clinging	29
	18:07	115	Summary and Conclusion: Day 1	
	26:54	116	Question & Answers	
			Sharing Merits, Making Aspiration	

Day 2

Time	Duration	File no.	Topic to Cover / File name	Page no.
	12:50	201	1.4 Section on Attention to Disgust	28 – 32
	15:20 + 15:20	202	Guided Meditation on Body Parts Repeat with closed eyes	
	20:00		Discussion D6 & D7	33, 35
	11:28	203	Discussion D6: How to contemplate impermanent nature of body parts	33
	05:13	204	1.5 Section on Attention to Elements	34
	21:30	205	Guided Meditation on Elements while Standing	
	20:39	206	Discussion D7: How to contemplate the body as elements	35
	12:50	207	1.6 Section on Charnel Grounds	38 – 46
	04:35	208	Guided Meditation on Corpses	
			Meditation on Corpses (Personal Practice)	
			Mindful Lunch	
			Meditation (Personal practice)	

	20:00		Discussion D8 & D9	47
	06:01	209	Discussion D8: Benefits of contemplation on disgust vs that on corpses	47
	17:26	210	Discussion D9: Classify 14 body contemplations as samatha or vipassanā	47
	05:02	211	2 CONTEMPLATION OF FEELINGS	48, 50
	14:13	212	Guided Meditation on Feelings	
	20:00		Discussion D10 & D11	49, 50
	16:15	213	Discussion D10: What is the difference between feeling & emotion?	49
	14:14	214	Discussion D11: What is the difference between kāyā- & vedanānupassanā?	51
			Mindful Tea-break	
	32:43	215	3 CONTEMPLATION OF MIND	52, 54
	17:57	216	Guided Meditation on Mind	
	16:38	217	Questions & Answers	
	06:57	218	Summary and Conclusion: Day 2	
	47:17	219	Guided Meditation on Combination of Kāyānupassanā	
			Sharing Merits, Making Aspiration	

Day 3

Time	Duration	File no.	Topic to Cover / File name	Page no.
	16:12	300	Questions & Answers	
	09:57	301	Summary of Part 1 (Days 1 and 2)	
	23:06	302	4.1 Section on Hindrances	56 – 62
	23:30	303	Guided Meditation on the Hindrances	
	20:00 + 41:59	304	Discussion D12: Under what conditions can the hindrances be observed?	61
	4:28	305	4.2 Section on Aggregates	
			Meditation on Hindrances (Personal practice)	
			Mindful Lunch	
			Meditation (Personal practice)	
	20:00 + 17:28	306	Discussion D13: How to contemplate the aggregates	65
	17:38	307	4.3 Section on Sense Bases	66 – 72
	20:00		Discussion D14 & D15	69, 71
	09:09	308	Discussion D14: What is the fetter for each sense base?	69
	16:45	309	Discussion D15: What is the range of dhammas for the mind & for vipassanā?	71
	13:57	310	The Mechanics of Perception at the Six Sense Doors	
			Mindful Tea-break	
	25:17	311	Guided Meditation on Open Awareness of the Senses	
	06:48	312	4.4a Section on Awakening Factors I	72 – 74
	20:00		Discussion D16 & D17	75
	07:53	313	Discussion D16: What is sati as an awakening factor?	75

	21:42	314	Discussion D17: What is dhammavicaya as an awakening factor?	75
	08:05	315	Summary and Conclusion: Day 3	
			Sharing Merits, Making Aspiration	

Day 4

<i>Time</i>	<i>Duration</i>	<i>File no.</i>	<i>Topic to Cover / File name</i>	<i>Page no.</i>
	10:28	401	4.4b Section on Awakening Factors II	76 – 78
	23:08	402	Guided Meditation on Awakening Factors	
	20:00 + 06:41	403	Discussion D18: Can samādhi be attained by any or all 4 satipaṭṭhānas?	76
	42:18	404a	Explanation to D18: Samādhi & Satipaṭṭhāna in the Pāli Suttas	
	10:14	404b	Samādhi-bhāvanā Sutta	
	23:08	405	Samatha & Vipassanā in the Pāli Suttas	
	12:30	406	4.5 Section on Truths	80 – 82
			Meditation (Personal practice)	
			Mindful Lunch	
			Meditation (Personal practice)	
	10:00 + 16:56	407	Discussion D19: What is your preferred translation of yathābhūtaṃ?	81
	04:45	408	Sutta Conclusion	
	10:00 + 15:36	409	Discussion D20: Can final knowledge be attained by any or all four satipaṭṭhānas?	87
	16:11	410a	Comparison of Satipaṭṭhāna Contents in Buddhist Texts	

	14:13	410b	Contemplation of Dhammas	
	17:43	411	Questions & Answers	
	05:43	412	Summary and Conclusion: Day 4	
			Mindful Tea-break	
			Participants' Feedback on the Course	
	34:26	413	Participants' Feedback on the Course	
	16:19	414	GRAND SUMMARY AND CONCLUSION	
	02:45	415	Closing Remarks	
	02:53	416	Sharing Merits, Making Aspiration	