



The Most Exalted Phra Dakkhinamoli Relic

**Wat Phradat Sri Chomtong Voravihara**  
International Department & Branches





The Most Exalted Luang Poh Pej  
(Vajra Diamond Buddha)





## PHRAJEDI Wat Phradhatu Sri Chomtong Voravihara

Tambon Banluang, Amphoe Chomtong  
Chiangmai 50160, Thailand

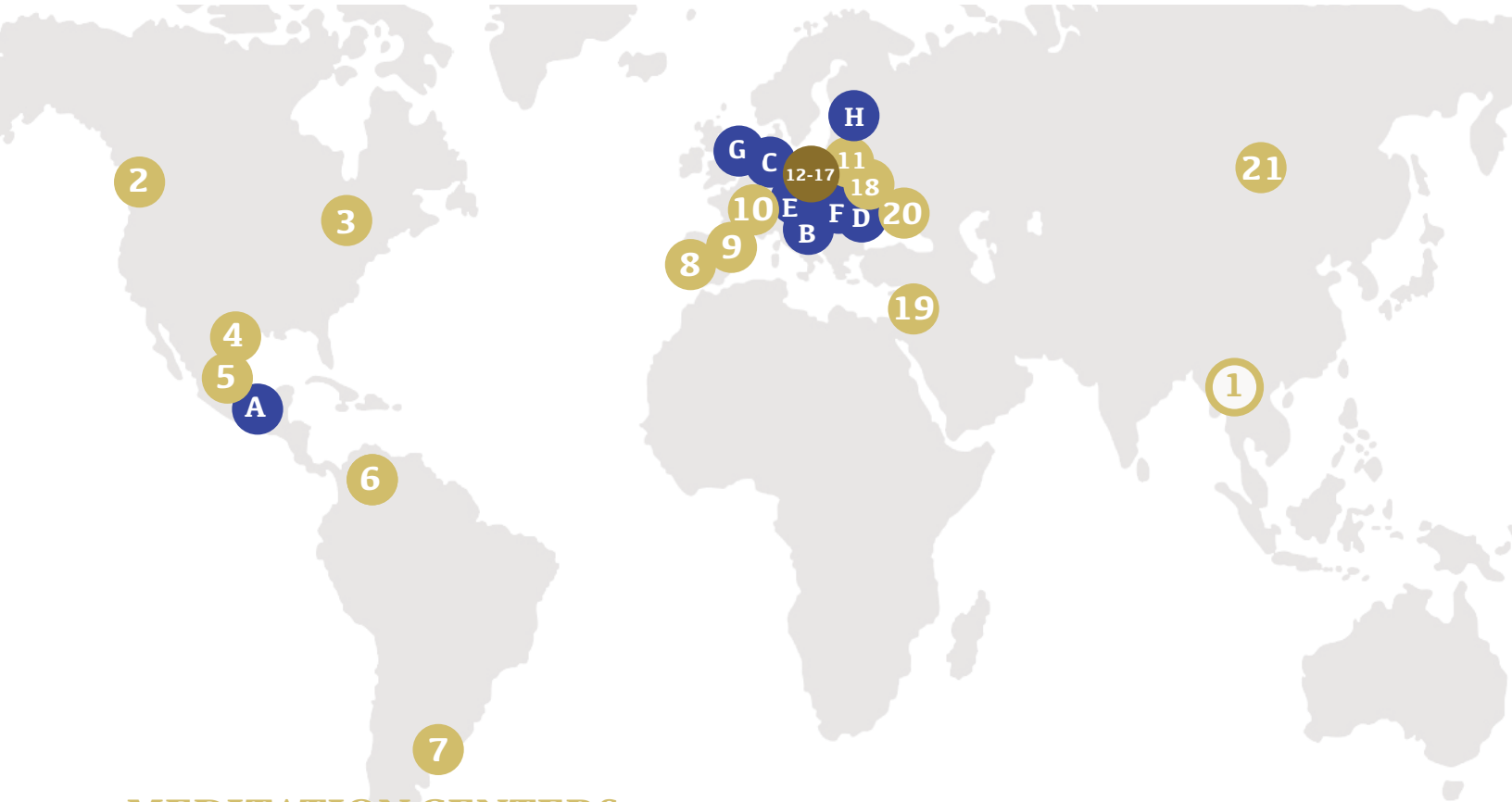


Most Venerable Phra Prommongkol Vi  
(Most Venerable Luang Pu Tong Sirimangalo)





Venerable Luang Poh Banyat Akkayano



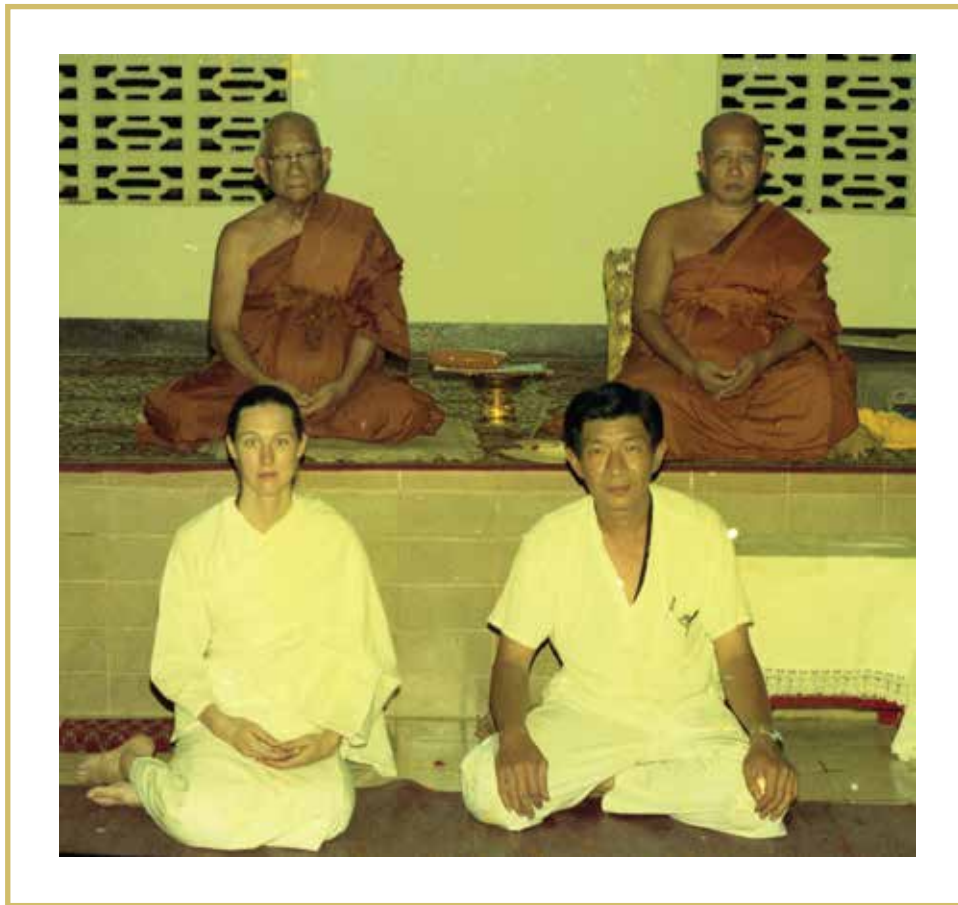
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Chomtong, Thailand
- 2 Samaggi Dhamma Vipassana Meditation Center  
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At the top (from right): Most Venerable Phra Prommongkol Vi (Most Venerable Luang Pu Tong Sirimangalo) & Venerable Luang Poh Banyat Akkayano  
At the bottom: Ajarn Thanat Chindaporn & Ajarn Kathryn Chindaporn



SENIOR TEACHERS  
Ajarn Kathryn Chindaporn  
Ajarn Thanat Chindaporn

## 1. Northern Insight Vipassana Meditation Center International Department



[www.northernvipassana.org](http://www.northernvipassana.org)  
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Wat Phradhatu Sri Chomtong Voravihara  
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Chiangmai 50160, Thailand





## SENIOR TEACHERS:

Jodi Snijders  
Edward Kooij

To be able to share Vipassana meditation practice with others is a true gift and honour. On their rural forested property on Hornby Island (British Columbia, Canada), they offer a place for people to come and find out the benefits of this practice for themselves. For the last 2 years in the month of August, they have taught a basic course for new meditators and a 10 day retreat for experienced meditators, and, since the completion of the first “kuti”, they can also provide a suitable space for meditation year round. Amenities are simple: camping style for the August retreat with outdoor hot showers, outhouses and tents, and wood heating for the kuti with water....and yes, there is electricity! Meals are vegetarian.

Edward and Jodi have been involved personally with this practice since the early nineties and would like to express their gratitude to all those who have taught and supported them on this path. In keeping with the tradition of generosity, they are happy to have created a suitable environment for people to come and discover Vipassana meditation, based on the four foundations of mindfulness, and, to further develop their practice to deepen their own understanding the Buddha's Four Noble Truths and in so doing, bring ease, harmony and peace for themselves and others in their lives.



## 2. Samaggi Dhamma Vipassana Meditation Center

samaggi1@yahoo.com

2075 Ostby, Hornby Island  
British Columbia, VoR 1Z0, **Canada**





Teachers Miriam & Alex Young



Teacher Sandra Young



TEACHERS:  
Sandra Young  
Miriam Young  
Alex Young

Sandra, Alex and Miriam Young started the Buddhavipassana Meditation Centre in January of 2015. After Miriam's grandmother passed away, the Young family purchased the house from her estate on the recommendation of Most Venerable Phra Prommongkol Vi (Most Ven. Ajarn Tong Sirimangalo) for the purposes of starting a meditation centre.

The second floor of the house is currently used exclusively for meditation retreats and can host up to five students at a time. Sandra, Alex and Miriam have taught at the centre since 2015 and have had hundreds of students during that time.



### 3. The Buddhavipassana Meditation Centre

alex.young@buddhavipassana.ca  
miriam.young@buddhavipassana.ca  
www.buddhavipassana.ca

46 Tyrell Avenue  
Toronto, Ontario, M6G 2G2 **Canada**



TEACHER  
Ingrid Chirino



SENIOR TEACHER  
Miguel Pelusi



Miguel Pelusi, born in Mexico City in 1965, has dedicated the last 34 years of his life to the study of Buddhism and the practice of Vipassanā meditation, under the spiritual guidance of Most Venerable Phra Prommongkol Vi (Most Ven. Ajarn Tong Sirimangalo), spiritual leader of Buddhism in Thailand.

In 1987 Miguel took his basic course under the guidance of Khun Thanat and Khun Kate Chindaporn in Mexico City. In 1989 he started his training in Vipassanā under the guidance of Venerable Luang Poh Banyat Akkayano (Deputy Abbot of Wat Rampoeng) with the supervision of Ajarn Thanat and Ajarn Kathryn Chindaporn.

In 1993 he began his studies of Abhidhamma (psycho-ethical philosophy of Buddhism) under the guidance of Venerable Aha Maha Pandit U Silananda, a renowned Burmese Dhamma teacher, who was Venerable Mahasi Sayadaw's Assistant, as well as SUTTA studies.

In 1999 he received at Wat Phradhatu Sri Chom Tong the title of Lay Instructor, issued by the Ecclesiastical Director of the Northern Region of Thailand.

In 2005 he ordained as a Bhikkhu, having Most Venerable Phra Prommongkol Vi (Most Ven. Ajarn Tong Sirimangalo) as his preceptor.

In 2012 Anumodana Meditation Center was formally inaugurated having Ajarn Thanat as the Teacher.

In 2013 he received recognition from the Chiang Mai governor for his support in spreading Thai Buddhism abroad.

In 2014 he received recognition from the King of Thailand for his support in spreading Thai Buddhism abroad.

In 2018 he received recognition from Most Venerable Phra Prommongkol Vi (Most Ven. Ajarn Tong Sirimangalo) for his work in teaching Vipassana in Spanish speaking countries during the last 22 years.

Currently Miguel supports in the expansion of the Dhamma in Mexico, Spain, and Colombia as guest Teacher, and is the advisor for the Mexican center in Monterrey Nuevo Leon in Mexico.



Yogi & supporter Dr. Alexandra Bermudez with guest Senior Teacher Khun Thanat Chindaporn



## 4. Anumodana Mexico City Vipassana Meditation Center

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anumodanamexico@gmail.com  
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Paseo de los Ahuehuetes Norte 365  
Bosques de las Lomas  
11700 - Ciudad de México, **Mexico**





SENIOR TEACHER  
Sandra Cibrian



Sponsors: Oralia & Carlos Maldonado



Guest Senior Teacher Khun Thanat Chindaporn (at center)



## FOUNDER & SENIOR TEACHER José Antonio Mendoza

In May 2004, The Most Venerable Phra Prommongkol Vi (Most Ven. Ajarn Tong Sirimangalo) visited Monterrey, and he suggested to José Antonio Mendonza (Pepe) that he start to teach Vipassana in his house. In 2005 the Maldonado family provided a space inside a hotel where they were able to give meditation classes every Monday. From 2005 to 2009, Ajarn Thanat Chindaporn visited Monterrey once a year to lead a meditation retreat. The Vipassana retreats continued until 2010, the year Pepe received his Certificate to Teach Vipassana. In 2011 he received an award from the Chiangmai Provincial government in recognition for his services to Buddhism. In 2012 they opened the "Bodhi Tree" meditation center, sponsored by the Maldonado family, and they received a Buddha image donated by Mrs. Pensiri from Thailand. In 2016, Senior Teacher Sandra Cibrian became a permanent teacher at the center. In 2017 Pepe received the 'Benefactor of Buddhism Award' (Dhamma Chak), from HRH Princess Maha Chakra Sirindhorn in Bangkok. In 2018 they started to teach children regularly and offer classes in local schools. Currently, they continue teaching through online classes.

## 5. Bodhi Tree Vipassana Institute

[jmendoza@acordeseguros.com](mailto:jmendoza@acordeseguros.com)

Giovanni Papini 108, Colinas de San Jerónimo  
N.L. C.P. 64630 - Monterrey, **Mexico**





Office in Bogota, Colombia.



MANAGERS &  
TEACHERS ASSISTANTS

Solo Etra  
Aurora Turriago  
Nathalie de Montozon



Guests Senior Teachers Khun Thanat Chindaporn, Miguel and Ingrid (at center).



Anumodana Colombia was established in 2007, when the first Vipassana Meditation retreat took place, organized by Solo Etra and Maria Mercedes Lopez and conducted by Senior Teachers Thanat Chindaporn and Miguel Pelusi.

Since then, basic courses have been taught annually near Bogota, along with retreats and talks being given in several cities like Medellin, Cali and Bucaramanga.

Today, Anumodana Colombia is led by Solo Etra, Aurora Turriago and Nathalie de Montozon.

GUESTS SENIOR TEACHER  
& TEACHER

Miguel Pelusi  
Ingrid Chirino



## 6. Anumodana Colombia

colombia@anumodana.org  
auroraisabelt@gmail.com  
www.anumodana.org/colombia-i.htm

Transversal 55 103 B 26 Casa 2  
Bogotá, **Colombia**





## SENIOR TEACHER Eduardo Torres Astigueta



Retreat with guest Senior Teacher Miguel Pelusi from Mexico.



Eduardo Torres Astigueta is the founder and Director of Vipassana Buenos Aires and the Santidhamma Vipassana Meditation Center for Argentina.

He did his first basic course Vipassana Meditation Retreat in April 1993, at Wat Ram Poeng. His teachers were the Venerable Luang Poh Banyat Akkayano, Ajarn Thanat Chindaporn and Ajarn Kathryn Chindaporn. From July 1994 to March 1995 he accompanied his teachers, assisting them in the instruction of beginners, at different retreats in México, Puerto Rico and in Wat Ram Poeng. In May 1995 he returned to Argentina, where he started teaching the Dhamma and Vipassana Meditation based on The Four Foundations of Mindfulness. In 2013 he received the Certification to teach Vipassana Meditation, authorized by Most Venerable Phra Prommongkol Vi (Most Ven. Ajarn Tong Sirimangalo) after 20 years of practice and study of Buddhism. Since then, his activities multiplied: Dhamma Talks and teaching Vipassana Meditation in High Schools and Universities; 4 week courses for beginners; 2 or 3 retreats every year (5 and 10 days) and regular group practices three times a week.

2017 saw the inauguration of their own Meditation Center and everything continued to grow. In December 2018, Most Venerable Phra Prommongkol Vi (Most Ven. Ajarn Tong Sirimangalo), honored them by naming the Center, "Santidhamma Vipassana Meditation Center of Argentina" and the center received a statue of Buddha (Vajra Diamond Buddha).



## 7. Santidhamma Vipassana Meditation Center of Argentina

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Aranguren 2314 C1406FWR  
Ciudad Autónoma de Buenos Aires, **Argentina**





Michael Freund with Ven. Phra Ajarn Ofer



## FOUNDER & TEACHER Michael Freund

Michael Freund, originally from Germany, has practiced Vipassana Meditation since 2010.

His teachers are Ajarn Thanat Chindaporn and Ajarn Kathryn Chindaporn from the International Department, Wat Phradhatu Sri Chomtong Voravivhara. He spent several months practising there and started assisting with retreats in 2012 under the guidance of Khun Thanat Chindaporn. and teaching since 2015. In 2016 he was authorised as a meditation teacher by Most Venerable Phra Prommongkol Vi (Most Ven. Ajarn Tong Sirimangalo) and moved to the Algarve, Portugal in May 2016 to found a center for Vipassana Meditation.

In April 2018 he was honored with the "Annual Benefactor of Buddhism Award" from the Chiang Mai Provincial Government, for his services to the Dhamma. Since opening his own center, Michael Freund has been teaching Vipassana Insight Meditation based on the Four Foundation of Mindfulness.

"At this point, I would like to thank my wife Jutta and my daughters Monique, Denise and Bernadette, who have supported me, whether energetically or financially, so that this place could be built up. I would also like to take this opportunity to thank my teacher Ajarn Thanat Chindaporn, who helped me to alleviate my suffering." - Michael Freund.



## GUEST SENIOR TEACHER Ven. Phra Ofer

In 2014, with the support and suggestion of Most Venerable Phra Prommongkol Vi (Most Ven. Ajarn Tong Sirimangalo) and his Senior Teacher Thanat Chindaporn, he started looking for a place in southern Portugal to build a meditation center. In November 2014, even before they had found a suitable place, Most Venerable Phra Prommongkol Vi (Most Ven. Ajarn Tong Sirimangalo) gave them the name "Tilakkhana Vipassana", which was to be used for their "Centro de Meditação".

In March 2016 they had the opportunity to purchase a plot of land. In May 2018 they were finally able to start rebuilding the old farmhouse.

In June 2017 the Venerable friend and teacher Ajarn Phra Ofer blessed the centre. In the following year, in June, under the direction of the Venerable Ajarn Phra Ofer, they were able to hold their first retreat at the Tilakkhana Vipassana Centro de Meditação. 12 yogis accepted the invitation to this retreat.

From this point on, they were able to issue an invitation to lead a retreat to the Venerable Phra Ajarn Ofer for the following June of 2018 and 2019.

The center has been open to yogis since August 2018.



## 8. Tilakkhana Vipassana Centro de Meditação

info@vipassana-tilakkhana.com  
www.vipassana-tilakkhana.com

Caminho Joaquim Lindo, 8800-509  
Tavira (Monte Agudo) Algarve, **Portugal**





FOUNDER &  
TEACHER ASSISTANT

**Jordi Sanchis**

In 2004, the Most Venerable Phra Prommongkol Vi (Most Ven. Ajarn Tong Sirimangalo) went to Valencia, Spain along with Ajarn Thanat Chindaporn, Ajarn Kathryn Chindaporn and Miguel Pelusi. In 2006 Jordi Sanchis participated in his first Vipassana meditation retreat in Valencia with Senior Teacher Miguel. After attending several retreats, in 2008, suggested by Ajarn Thanat Chindaporn, Josue Gimenez and Jordi started to organize retreats in Valencia. In 2009 and 2010 they organized retreats there with the support of Senior Teacher Sandra Cibrian.

In 2012, Jordi started teaching in Valencia, and many places, whilst managing weekend retreats with the support of Senior Teacher Miguel Pelusi. In 2015 he spent 3 months assisting and practicing in Wat Phrathat Sri Chom Tong and received an award for his services to the Dhamma. Since then, he started guiding a weekly Vipassana class and organizes retreats every year with Paloma Antequera.



The Most Venerable Phra Prom Mongkol Vi  
(Most Ven. Ajarn Tong Sirimangalo) - Valencia 2004



GUESTS SENIOR TEACHER  
& TEACHER

**Miguel Pelusi  
Ingrid Chirino**



## 9. Anumodana Spain

[vipassanavalencia@gmail.com](mailto:vipassanavalencia@gmail.com)  
[www.vipassana-anumodana.com](http://www.vipassana-anumodana.com)

Calle Polo Bernabé 31, 46510 Quartell  
Valencia, **Spain**



## FOUNDER:

Sophie Artur  
Olivier Balais



Sophie Artur and Olivier Balais have both practiced this method of Vipassana for several years. They first met Ajarn Thanat and Ajarn Kathryn during their teaching tour in Paris 2013. In 2018 they held their first full Vipassana course at their home in Correz, France. 2020 will be the 3rd consecutive year that they have successfully hosted a Vipassana course. They are delighted to welcome others who wish to practice insight meditation and take great care to prepare home cooked meals and create a suitable and comfortable surround for their guests to retreat.



## GUESTS TEACHERS:

Mohamed Ahmad  
Hannah Ahmad

Mohamed Ahmad has been practicing Vipassana since 2010. Of Lebanese descent, Mohamed was born and spent his childhood in Africa and later in Belgium. Mohamed speaks English, French and Arabic. Hannah Ahmad is from the UK and has been practicing Vipassana since 2012.

Since discovering this method, they have spent most of their time living and working at the Northern Vipassana Meditation Centre's International Department a Wat Phrathat Sri Chomtong in Thailand. After extensive practice and the necessary training, under the guidance of senior disciples and head teachers Ajarn Thanat and Ajarn Kathryn Chindaporn, Mohamed and Hannah have been authorized to teach Vipassana. Accepting their Teaching certificates and blessing from The Most Venerable Phra Prommongkol Vi (Most Ven. Ajarn Tong Sirimangalo) in March 2013 and October 2014.

By May 2016, both Mohamed and Hannah had received an award from the Government of Chiangmai in recognition for their services to Buddhism.

In May 2019 Mohamed and Hannah were awarded by The Most Venerable Phra Prom Mongkol Vi (Most Ven. Ajarn Tong Sirimangalo) in recognition for their services to the dissemination of Vipassana Meditation. Together they have conducted Vipassana courses in France and Egypt and gave an introduction to Vipassana in Beirut, Lebanon. Currently living in Thailand with their young son Gabriel, they assist Ajarn Thanat and Ajarn Kathryn Chindaporn at the International Meditation Centre in Chomtong.

## 10. Centre de Méditation ARTUR-BALAIIS en France

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hannahvipassana@gmail.com Tel. +66 93 3181662

La Foret du Burg, St Cyr la Roche  
19130 France





Libor Votruba, Ajarn Thanat Chindaporn & Václav Šmilauer



## FOUNDERS & TEACHERS

### Libor Votruba Václav Šmilauer

The Tisarana Centre in Prague was founded by Libor Votruba and Václav Šmilauer in 2014. After experiencing the benefits of Vipassana Meditation, together they were able to establish the Vipassana Centre which has been of benefit to many people in the Czech Republic. That same year, Guest Teachers Anna and Jonathan Preboy were invited to teach continued courses in Vipassana based on the Four Foundations of Mindfulness.

In December 2018 the late Most Venerable Phra Prommongkol Vi (Most Ven. Ajarn Tong Sirimangalo) with senior disciples Ajarn Thanat and Ajarn Kathryn visited the Centre during their international tour.

The Tisarana Centre has been of significant support for many students from the NEO Recovery Center in Prague.



Assistant teacher: Ondřej Knybel



Teachers: Anna Scharfenberg & Jonathan Preboy

## 11. Tisarana Vipassananusorn Meditation Center

info@tisarana.cz  
www.tisarana.cz

Na Kazance 636/3  
17100 Praha 7 – Troja, **Czech Republic**





Angelika Hintermaier, Hildegard Huber  
& Robert Steinbeis.

## SENIOR TEACHER Hildegard Huber

### ASSISTANT TEACHERS Angelika Hintermaier Robert Steinbeis

Hildegard participated in Vipassana's basic course based on the Four foundations of Mindfulness in 1992 at Wat Rampoeng, followed by several retreats. Later on, in 1994, she invited the The Most Venerable Phra Prommongkol Vi (Most Ven. Ajarn Tong Sirimangalo) with several monks, Ajarn Thanat and Ajarn Kathryn Chindaporn, to lead a course in Berlin at Buddhistisches Haus in Frohnau. She continued organizing meditation retreats until 2003. On 21st September 2004, following the advice of the The Most Venerable Phra Prom Mongkol Vi (Most Ven. Ajarn Tong Sirimangalo), the association Dhammacari Vipassana Meditation Center e. V. was founded with Angelika Hintermaier (1st chairman) and Robert Steinbeis (2nd chairman). In 2011, Hildegard received the Award from the Chiangmai Provincial Government in recognition for her services to Buddhism. Later on, in 2012, she received the "Benefactor of Buddhism Award" (Dhamma Chak), from HRH Princess Maha Chakra Sirindhorn, in Bangkok. Currently, the meditation center is still open and provides meditation retreats throughout the year.



## 12. Dhammacari Vipassana-Meditationszentrum e.V.

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

Allgramsdorf 8 / Sonnenthal  
84056 Rottenburg a. d. Laaber, **Germany**





ABBOT:  
Venerable

## Phrakhrubhavanabuddhivides

Already in the 1980s, the Most Venerable Phra Prommongkol Vi (Most Ven. Ajarn Tong Sirimangalo) had travelled twice to Germany and suggested the founding of a Thai Buddhist monastery there. In 1993 the supporting association of the future Wat Buddhapiyawararam was founded. In 1997 the association was able to acquire a suitable plot of land and since then Wat Buddhapiyawararam has been located in Dreieich-Götzenhein near Frankfurt. In 1998 the Most Venerable Phra Prommongkol Vi (Most Ven. Ajarn Tong Sirimangalo) came and consecrated the temple. He was accompanied by Ven. Phrakhrubhavanabuddhivides, who has been leading the temple since then with much skill and experience. Usually two to three Thai monks live in the temple and at times Western monks also, who give teachings in German and English.

The Wat Buddhapiyawararam is a social and cultural meeting place for many Thai and German Buddhists and people interested in meditation, as well as a place where Vipassana meditation can be learned and practiced. There is a big Thai community who support the temple as well as a remarkable Western community of Vipassana meditators. Besides traditional Buddhist ceremonies and rituals, Vipassana courses are regularly organized.

The temple maintains close contacts with the Venerable Phrakhrubhavanabidhan (Ven. Phra Ajarn Ofer Thiracitto) in Israel, as well as the Dhammacari Vipassana Meditation Center and the Dhammanikhom Vipassana Meditation Center in Germany.



Most Venerable Phra Prom Mongkol Vi



## 13. Wat Buddha-Piyawararam Thailändische Buddhisten e.V.

watthai.goetzenhain@yahoo.de Tel.: 06103-833253  
www.watthai Götzenhain.npage.de  
Facebook: Wat Buddha Piyawararam

Dietzenbacher Str. 6  
63303 Dreieich-Götzenhain, **Germany**





At Most Venerable Phra Prommongkol Vi's (Most Ven. Ajarn Tong Sirimangalo) suggestion and with his blessings, the Buddhist teaching and Vipassana meditation (insight or mindfulness meditation) is taught and promoted at Dhammanikhom Vipassana Meditation Center.

The center has been named by Most Venerable Phra Prommongkol Vi (Most Ven. Ajarn Tong Sirimangalo) Dhammanikhom describes a community of persons, who come together to live and practice the Dhamma. It can be translated as a Dhamma community.

The meditation center with monastic routine is a place of refuge for those who wish to learn, practice and deepen their knowledge of the Buddhist teaching. The center offers monthly intensive Vipassana courses of varying length (7, 12, 15, 21 days). Besides this the monastic routine with daily morning and evening chanting and ceremonies for the major Buddhist holidays takes place.

The activities to establish the center started in the summer of 2015. By the end of 2017, the Dhammanikhom non-profit association was able to purchase a suitable property and started to offer regular courses. Late 2018 saw the Most Venerable Phra Prom Mongkol Vi with an entourage of monks visit the center and perform the blessing ceremony.



TEACHER:  
**Venerable Bhikkhuni  
Silavaddhani**



Venerable Bhikkhuni Silavaddhani has been engaged in Buddhism since 1997 and has been practicing Vipassana since 2006. She has been practising regularly in Wat Phradhatu Sri Chomtong Voravihara since 2009 under the guidance of Ajarn Thanat and Ajarn Kathryn Chindaporn as well as being instructed as a trainee meditation teacher. In October 2014 she was appointed as a meditation teacher by Most Venerable Phra Prommongkol Vi (Most Ven. Ajarn Tong Sirimangalo).

## 14. Dhammanikhom Vipassana-Meditationszentrum

dhammanikhom@gmail.com  
www.vipassana-dhammanikhom.de

Hauptstr. 18  
03185 Heinersbrück, Germany





FOUNDER & TEACHER:

**Andrea Jagdt**



In 2003, Andrea Jagdt met Senior Teacher Ven. Phra Ofer and started practicing Vipassana-Meditation. Since that time she has been supporting Ven. Phra Ajarn Ofer and the activities around Vipassana. In 2010 she began inviting Ven. Phra Ajarn Ofer and Ven. Bhikkhuni Sila (Maechee Manu, Samaneri Sila) for Dhamma talks and meditation evenings in her area southwest of Frankfurt. Since 2012, she organised them alone, with weekly meditation-evenings and weekend-meditation-courses in about 6 different villages and towns. In the beginning of 2020, Andrea had transformed her home into a small meditation center, so it can grow in the future.

In February 2020 she organised the first Vipassana-retreat near Frankfurt.

In 2015 she received an Award for Buddhist benefactors at the regional level of Chiang Mai Province in Thailand.

In 2018, she received her Certification to Teach Vipassana Meditation, authorized by the Most Venerable Phra Prommongkol Vi (Most Ven. Ajarn Tong Sirimangalo) and received an Award for her support in the development of the Meditation Center in Chomtong.



## 15. Angsudhamma Vipassana Meditationszentrum

[vipassana-meditation@jagdt.de](mailto:vipassana-meditation@jagdt.de) tel.: 017-7170 466  
[www.vipassana-angsudhamma.de](http://www.vipassana-angsudhamma.de)

Am Kloster 19  
 55239 Gau-Odernheim, **Germany**





## FOUNDER & TEACHER: Phillip Popp

In 2002, Phillip Popp started practicing Vipassana Meditation in the lineage of the Most Venerable Phra Prommongkol Vi (Most Ven. Ajarn Tong Sirimangalo) in Thailand, at the age of 22.

In 2010, after some years of practice and several retreats in Germany, he started training under the guidance of Ajarn Thanat Chindaporn. Over the course of many visits, he stayed in total one year in the temple in Chomtong, Thailand, assisting and training. In 2016 he received his Certification as a Vipassana Meditation Teacher, authorized by The Most Venerable Phra Prommongkol Vi (Most Ven. Ajarn Tong Sirimangalo). In May 2017 he was awarded with the "Annual Benefactor of Buddhism Award" on a regional level in Chiang Mai, Thailand.

Teaching in Hamburg started in 2017 with weekly evening classes and monthly one-day-courses in a yoga studio in Hamburg City. In 2018 he started teaching 3-day-courses also.

In 2019 he organized the first basic course held in the Meditation Hamburg Vipassana Center and several 3-day-retreats outside Hamburg City. Again in 2020, he organized a second basic course and several 3-day-retreats in the center.



2020 Retreat with guests Teachers: Alex & Miriam Young from Toronto-CA



2019 Retreat with guests Senior Teachers: Khun Thanat & Khun Kathryn Chindaporn

## 16. Vipassana Hamburg

philipvipassana@gmail.com  
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Wrangelstrasse 121  
20353 Hamburg, **Germany**





FOUNDERS  
Ludwing Schafft  
Pia Schafft

#### TEACHER:

### Phra Manfred Schafft



In 1995 Ludwig and Pia Schafft bought an old farmers house and throughout the coming 20 years they turned it into a meditation and seminary center. Today it offers a 70m2 meditation hall, a large dining hall and enough rooms for over 30 people. In 2019 the house was handed over to their youngest son, Manfred Schafft, who soon after became Teja Pañño Bhikkhu.

Phra Manfred started practicing Vipassana Meditation in the lineage of the The Most Venerable Phra Pommongkol Vi (Most Ven. Ajarn Tong Sirimangalo) at the age of 18. After several retreats in Germany and Thailand he started the teacher training under the guidance of Ajarn Thanat Chindaporn. In 2016 he received authorization as a Vipassana Meditation Teacher by The Most Venerable Phra Pommongkol Vi (Most Ven. Ajarn Tong Sirimangalo) and in the same year he received the Benefactor of Buddhism Award from the Government of Chiangmai Province for his services to the Dhamma. In 2019 he received a special award from Most Venerable Phra Pommongkol Vi (Most Ven. Ajarn Tong Sirimangalo).



## 17. Buddhayana e.V.

manfredschafft@web.de  
www.buddhayana-ev.de

Stadl 8  
86579 Waidhofen, **Germany**





## FOUNDER & ASSISTANT TEACHER Elisabeth Dietl



## GUEST SENIOR TEACHER: Hildegard Huber



The Siri Dhammacari Vipassana Centre in Vienna, Austria was initiated by Senior teacher Hildegard Huber and established in March 2012.

Regular opening times are every Monday and Wednesday evening and one Sunday per month. For more intensive practice and for the completion of home retreats additional opening times are arranged. At least once a year a recognised meditation teacher is invited to give lectures and a meditation weekend is organised.

Elisabeth Dietl (Lisi) provides the premises and she facilitates the meditation centre together with her companion Manfred and the Sangha - Friends. Lisi has been organizing regular meditation evenings, meditation courses and she has invited Vipassana teachers to Vienna since 2012. She gives introduction and first instructions into Vipassana Meditation based on the four foundations of mindfulness for beginners.

The Vienna Sangha is very thankful for all the years of teaching and tireless support of The Most Venerable Phra Prommongkol Vi (Most Ven. Ajarn Tong Sirimangalo), for the great support and encouragement of Ajarn Thanat Chindaporn and for Senior Teacher Hildegard's trust and support as their spiritual guide and head teacher.



## 18. Siri Dhammacari Vipassana-Meditationszentrum

info@vipassana-siri-dhammacari.at  
vipassana-siri-dhammacari.at

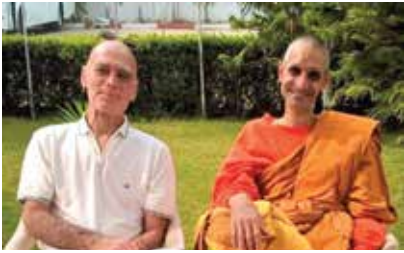
Schulgasse 34/3/5  
1180 Vienna, **Austria**



## SENIOR TEACHERS: Ven. Phra Ofer Asher Gal



Most Venerable Phra Prom Mongkol Vi



## FOUNDER & TEACHERS ASSISTANTS Liora Newman Itamar Newman

In 2010, Itamar and Liora Newman purchased a house on about 4,000 m<sup>2</sup> (0.4 ha) of land in the town of Yavne'el in order to build a Vipassana Meditation Center and invite Ven. Phra Ajarn Ofer to be the main teacher.

At the site, one area is designated by the Newmans as a donation for Ven. Phra Ajarn Ofer to build his residence as well as a residence for other visiting monks. The center was named by Most Venerable Phra Pommongkol Vi (Most Ven. Ajarn Tong Sirimangalo) after the surname of the founders, Mr. Itamar and Mrs. Liora Newman.

In June 2011, Most Venerable Phra Pommongkol Vi (Most Ven. Ajarn Tong Sirimangalo) and the Ven. Somdet Phra Buddha Jinawons went to Israel accompanied by an entourage of monks to officially open the center in Yavne'el. With the blessing of the Most Venerable Phra Pommongkol Vi (Most Ven. Ajarn Tong Sirimangalo), Liora and Itamar continued to operate the Vipassana centre. At this time, the Vipassana centre is open all year round, holding courses on a regular basis led by Ven. Phra Ajarn Ofer as head teacher, Liora and Itamar as assistant teachers.

Santidhamma association is organizing retreats during holidays and special occasions, running monthly Vipassana practices and Dhamma teachings, with Senior Teachers Ven. Phra Ofer and Asher Gal.



Santidhamma Association with Senior Teachers: Asher Gal & Ven. Phra Ofer

## 19. Newman Vipassana Meditation Center

[reg.newman.vipassana@gmail.com](mailto:reg.newman.vipassana@gmail.com)  
<https://newmanvipassana.co.il>

[santidhamma.il@gmail.com](mailto:santidhamma.il@gmail.com) +972 52 463 9050  
[www.santidhamma-il.org](http://www.santidhamma-il.org)

PPOB 77,  
Yavne'el, Israel





Guest Ven. Phra Ajarn Ofer with Evgeniy & Tatiana



Guests Ajarn Kathryn & Ajarn Thanat Chindaporn (at the back).



FOUNDERS &  
TEACHERS ASSISTANTS:  
**Evgeniy Gavrilov**  
**Tatiana Fotina**



Santidhamma Vipassana meditation center was established in 2016 in Zelenogorie, Crimea, Russia by the family of Evgeniy Gavrilov and Tatiana Fotina who started practicing Vipassana in 2013. Since 2016 several Vipassana courses have been conducted at the center, mostly with Ajarn Thanat and Ajarn Kathryn and once with Ven. Phra Ajarn Ofer. The courses usually take place once a year accepting 10-15 students.

## 20. Santidhamma Vipassna Meditation Center

volirvag@gmail.com

Zelenogoriye, Crimea, **Russia**



## GUEST SENIOR TEACHER: Asher Gal



Guest Senior Teacher Asher Gal & founder Alexey Lebedev



## FOUNDER Alexey Lebedev



Before the construction of the Center was completed, Alexey and Senior Teacher Asher Gal organized retreats at a different location (2015-2016).

In 2017 the Dhammapadipa Center opened its doors for meditators and since then they've been housing Vipassana retreats on a regular basis, and are very grateful to have had Senior Teacher Asher Gal to teach all these years.

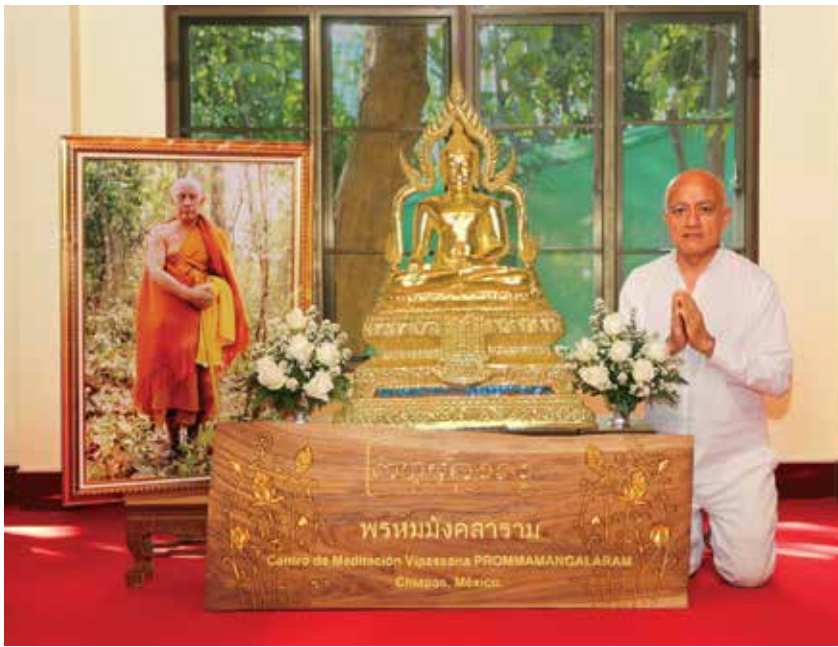


## 21. Vipassana Meditation Center Dhammapadipa

lesnaya7@mail.ru +79041187275  
www.dhammapadipa.ru

Lesnaya St 7, Bolshie Koty, Lisvyanka, Irkutskaya oblast  
Bolshie Koty, Baikal, **Russia**





## TEACHER

### Alejandro Chavez

Alejandro Chavez is from Mexico and teaches meditation in Spanish and English. Alejandro has been practicing Vipassana based on the Four Foundations of Mindfulness since 2005. A disciple of Most Venerable Phra Prommongkol Vi (Most Ven. Ajarn Tong Sirimangalo), Alejandro began his teacher training with Ajarn Thanat and Ajarn Kathryn Chindaporn at the International Department at Wat Chomtong in Chiangmai in 2014. Alejandro received his teaching certificate and authorization to teach Vipassana from the late Most Venerable Phra Prommongkol Vi (Most Ven. Ajarn Tong Sirimangalo) in 2016. That same year, Alejandro received the Benefactor of Buddhism Award from the Government of Chiangmai Province for his services to the Dhamma. On October 2020 he received a statue of Buddha “Luang Poh Pej” (Vajra Diamond Buddha) from his Senior Teacher Khun Thanat Chindaporn, along with the authorization and the encouragement to open a meditation center in the state of Chiapas, Mexico. His plan at present is to create a center on a piece of land donated by his parents Pablo Chávez and Elva Guillen. A center dedicated to the practice and teaching of Vipassana meditation based on the Four Foundations of Mindfulness, maintaining the essence of the practice as taught by Most Venerable Phra Prommongkol Vi (Most Ven. Ajarn Tong Sirimangalo).



22 A. Centro de Meditación Vipassana  
Prommamangalaram

[alejandorchavez17@hotmail.com](mailto:alejandorchavez17@hotmail.com)

Future Center

Chiapas, **Mexico.**





Jasmin "discovered" Vipassana meditation for herself while travelling in Thailand as a digital nomad in 2015. After having experienced the benefits of the practise, she started to stay in the International Vipassana Meditation Centre at the temple Wat Phradhatu Sri Chomthong Voravihara in Northern Thailand for extended periods of time every year. In 2018 she received her Certification to teach Vipassana, authorized by The Most Venerable Phra Prommongkol Vi (Most Ven. Ajarn Tong Sirimangalo). In 2020, Jasmin received recognition as a benefactor and was awarded by the government of Chiang Mai for her services to Buddhism.

Together with her partner Danilo, who meanwhile also visited the temple of Chomthong and stepped into the practise, she is now happy to welcome old and new meditators in their home and share this precious technique with others on their way to a truer inner happiness.

TEACHER:  
Jasmin Klueck



**23 B. Prommamangalaram Vipassana Center**

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klueck@lingua-link.de

Future Center

Rimini, Italy



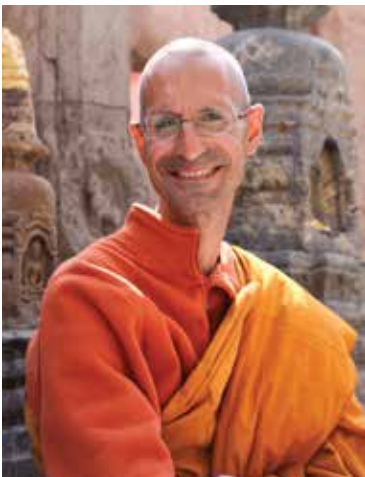


## FOUNDER & TEACHER Carmen Karsters

Carmen Karsters, started practicing Vipassana Meditation in the lineage of The Most Venerable Phra Prommongkol Vi (Most Ven. Ajarn Tong Sirimangalo) in 2007 in Thailand.

She practiced intensively for many years and did retreats in the Netherlands, Germany, Nepal, India, Thailand and Israel. In 2014 and in 2018 she joined in the pilgrimage of the four Buddhist Holy sites in India with The Most Venerable Phra Prommongkol Vi (Most Ven. Ajarn Tong Sirimangalo). In 2015 she started training under the guidance of Ajarn Thanat Chindaporn and in 2018 she received the certification of a Vipassana Meditation Teacher, authorised by The Most Venerable Phra Prommongkol Vi (Most Ven. Ajarn Tong Sirimangalo). In May 2019 she was awarded with the "Annual Benefactor of Buddhism Award" on a regional level in Chiang Mai, Thailand.

Today Carmen (44) lives in Amsterdam, working as a life-coach and teaching Vipassana Meditation.



Vipassana-activities in the Netherlands:

2011 organized a Vipassana weekend for her friends as her birthday present.

2015 organized an introduction-evening and Vipassana weekend with Senior teacher Edward Kooij.

Since 2015, bi-annual basic courses/ retreats with Senior Teachers Edward Kooij and Ven. Phra Ofer with herself as teacher also.

Since 2020 she has organized basic courses and retreats with herself as teacher.

In 2021 started to organize monthly one-day courses.

The Santi Dhamma Foundation has been officially registered in the Netherlands since 2019. Santi Dhamma received ANBI status in 2020. This means it is considered an institution which serves the general good of society.



## GUEST SENIOR TEACHER Ven. Phra Ofer

**24 C. Santi Dhamma**

Info@santi-dhamma.nl Tel. +31 61 696 8196  
www.santi-dhamma.nl

Future Center

**The Netherlands**



The aim of Vipassana.sk is to facilitate access to Vipassana meditation for interested people in Slovakia and central/eastern Europe by: inviting teachers & organizing accessible courses (including translators), fund-raising, networking meditators and supporters, and later founding a dedicated, permanent meditation center in Slovakia.

Katarína Bírešová was born in Slovakia and has lived most of her adult life in the UK, with her professional background being neuroscience care. She started practising Vipassana in 2012 and was trained as a teacher by Ajarn Thanat Chindaporn in Chomtong. She started the vipassana.sk project in 2016 and invited Ajarn Thanat and Ajarn Kathryn Chindaporn to Slovakia for the first course. She was officially recognized for her activities in Thailand and Slovakia by the Chiang Mai provincial government.



Václav Šmilauer was born in Prague (Czech Republic) and works as freelancer in the domain of numerical physics. He first met Vipassana in 2011, and started the Tisarana center in Prague in 2014. In 2016, he received recognition from the Chiang Mai provincial government for helping Ajarn Thanat Chindaporn by establishing the center in Prague. He completed his teacher's training under Ajarn Thanat in 2017.



FOUNDERS & TEACHERS  
Katarína Bírešová  
Václav Šmilauer

**25 D.** Vimuttanusorn - Vipassana.sk

katarina@vipassana.sk    vaclav@vipassana.sk  
www.vipassana.sk

Future Center

**Slovakia**



## TEACHERS

### Miriam Young & Alex Young

Miriam's grandmother, Alice Lewkowicz was the daughter of a Jewish couple who lived in Lieberose in east Germany about 120 km South East of Berlin. Until Alice was 12 years old they lived in a large house at 8 Market Street. Because of the holocaust, Alice's parents packed her a suit case with photographs and family mementos knowing that they would never see her again and sent her to Israel alone. They did not survive the war and we have never discovered what exactly happened to them.

After arriving in Israel, Alice eventually married and she and her husband decided to move to Canada. Decades later in the late 1980s, the Berlin wall came down and an English lawyer started helping Jews whose families had property in the region, to reclaim it back from the German government. He placed an ad in a Canadian newspaper. Alice contacted the lawyer to see if she could get her house back. Amazingly, she did and the house at 8 Market Street was returned to her.

Unfortunately, the house was in a very bad condition and Alice didn't have the money to fix it up. She chose not to sell the house even though most of the other Jews who got their property back chose to sell. Miriam and Alex then decided to go and ask Most Venerable Phra Prommongkol Vi (Most Ven. Ajarn Tong Sirimangalo) what to do with the house and he said to them, "Keep that house as a meditation centre".

When Alice died in 2014, Miriam and Alex told Miriam's family that they would take the house and try to follow Most Venerable Phra Prommongkol Vi (Most Ven. Ajarn Tong Sirimangalo) advice. In 2018, Alex and Miriam finally completed all the German inheritance paper work and the house was transferred to them. A few weeks later, they were surprised to get a call from Ajarn Thanat saying that Most Venerable Phra Prommongkol Vi (Most Ven. Ajarn Tong Sirimangalo) was going to Germany and wanted to visit the house in Lieberose. He went with several monks and did a blessing ceremony at the house. At this time, Alex and Miriam are planning to hold a retreat at the house, however minor renovations must first be done in order to use the space.



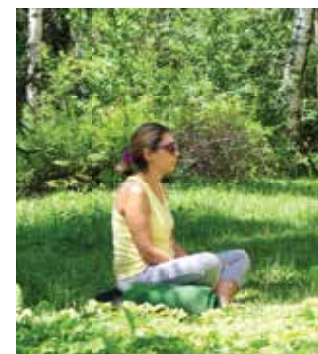
## 26 E. On-Nūm Centre

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[miriam.young@buddhavipassana.ca](mailto:miriam.young@buddhavipassana.ca)  
[www.buddhavipassana.ca](http://www.buddhavipassana.ca)

Future Center

Lieberose, Markt 8 - Germany





Guest Senior Teacher Ven. Phra Ofer



Guest Senior teachers Khun Thanat & Khun Kathryn Chindaporn (standing)

## TEACHER & ASSISTANT Tzanko Matev Fatme Shaban

Teacher Tzanko Matev and his assistant Fatme Shaban have organized Vipassana courses based on the Four Foundations of Mindfulness in Bulgaria every year since 2015, inviting Senior Teachers: Ven. Phra Ofer (Israel), Ajarn Thanat and Ajarn Kathryn Chindaporn (Thailand). They will keep organizing retreats using a Hotel until their Center is ready to open.

**27 F.** Samaggi Dhamma Meditation Center

tsanko@gmail.com  
+359 88 9786822

Future Center

Sofia, Bulgaria





TEACHER

**Martin Pack**

“Ajarn Thanat Chindaporn’s teaching and guidance have been life-changing for me.

It has enabled me to share the practice with hundreds of students over the last 15 years, holding retreats in the UK, Thailand, France, Italy, Austria, and Greece. His warm, caring and father like character has been a support for the thousands who have come into contact with him over the years. May the effects of his great work in the dhamma continue to support many generations to come.

Many blessings to him and may he continue his great work in the Dhamma.”  
- Martin Pack.

## 28 G. Meditation Group & Retreats - U.K.

[vipassanamartin@gmail.com](mailto:vipassanamartin@gmail.com) +44 7901 971777  
[www.risingfalling.org](http://www.risingfalling.org)

**London, U.K.**

TEACHERS

**Olga Shapovalova**  
**Anton Rahmanovsky**

Olga started practicing Vipassana Meditation in 2012. In 2013 she began assisting the teachers in Chomtong and in 2015 she organized the first 2 week course, inviting her Senior Teacher Khun Kathryn Chindaporn to lead it.

At this time Anton completed his basic course, and started teacher training in Chomotong in 2017. In 2019, Anton, Olga and Sergey Plakhov organized a 4 day introductory course in Moscow, inviting the Senior Teachers Khun Thanat & Khun Kathryn Chindaporn. Since then, they plan to organize retreats every year until they can establish a center sometime in the future.



## 29 H. Meditation Group & Retreats - Saint Petersburg

[52panova@gmail.com](mailto:52panova@gmail.com)

**Saint Petersburg, Russia**