

January 2026

# NEWSLETTER

## International Meditation Centre

IN THE TRADITION OF SAYAGYI U BA KHIN AND MOTHER SAYAMAGYI

IMC United Kingdom

IMC Yangon (Myanmar)

IMC Australia (NSW)

IMC Australia (WA)

IMC Austria

IMC USA



## **COURSE SCHEDULE 2026**

*Before making travel plans to come for a course, please double check the dates with the relevant Centre or group or on the global home page: [www.ubakhin-vipassana-meditation.org](http://www.ubakhin-vipassana-meditation.org).*

### **IMC United Kingdom**

#### **Courses taught by Saya Roger Bischoff except where indicated**

January 23–February 2

March 6–16

April 10–20

May 15–25

June 19–29

July 17–27

August 21–31

September 18–28

October 16–26 (*taught by Mr John Dezzani*)

December 18–28

### **IMC Yangon, Myanmar**

#### **Courses taught by Saya Roger Bischoff:**

August 7–17

November 13–23

### **IMC Australia (WA)**

March 20–30                      Saya Roger Bischoff

May 29–June 8                      Mr Douglas Solomon

October 23–November 2              Mr Douglas Solomon

## **COURSE SCHEDULE 2026 continued**

### **IMC Australia (NSW)**

February 27–March 9	Mr Richard Walsh
April 10–20	Mr Michael Fraser
May 22–June 1	Mr Michael Fraser
July 3–13	Dr Mark Peterson
August 14–24	Mr Richard Walsh
September 25–October 5	Dr Mark Peterson
November 20–30	Mr Michael Fraser
January 1–11, 2027	Mr Richard Walsh

### **IMC Austria**

March 27–April 6	Mr Franz Zelsacher
SUNDAY, AUGUST 2, REDEDICATION OF PAGODA AT IMC AUSTRIA	
August 5–15	Mr Franz Neuner
September 4–14	Mr Renzo Fedele ( <i>Italian/English</i> )
October 30–November 9	Mr Hubert Knaus
December 27–January 6, 2027	Mr Franz Zelsacher

### **IMC USA**

March 13–23	Mr Michael Kosman
May 1–11	Mr Craig Storti
July 3–13	Saya Roger Bischoff
August 14–24	Mr Michael Kosman
Sept. 4–14	Saya Roger Bischoff ( <i>in Half Moon Bay, California</i> )
October 9–19	Mr Craig Storti
December 11–21	Mr Michael Kosman

### **Germany — Weekend Courses**

March 5–8	Mr Horst Jughard
October 29–November 1	Dr Christian Wunschik

## **COURSE SCHEDULE continued**

### **Cambodia**

February 6–9	Saya Roger Bischoff ( <i>weekend</i> )
October 30–November 9	Saya Roger Bischoff ( <i>ten days</i> )
November 27–December 1	Saya Roger Bischoff ( <i>weekend</i> )

### **Italy (at IMC Austria, in Italian and English)**

September 4–14	Mr Renzo Fedele
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### **Japan**

#### **Courses taught by Mr Jim Emery**

*(Courses taught in Osaka except where indicated otherwise)*

May 1– 11
August 14–24 ( <i>in Aomori</i> )
December 18–28

#### **Weekend courses**

January 16–19
February 13–16
April 10–13
June 12–15
July 17–20
October 2–5
November 13–16

### **Moldova**

May 29–June 2	Saya Roger Bischoff ( <i>weekend</i> )
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### **The Netherlands**

February 13–23	Mr Matthijs Schouten
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### **Romania**

April 3–7	Saya Roger Bischoff ( <i>weekend</i> )
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## COURSE SCHEDULE continued

### Russia

May 1–11                      Saya Roger Bischoff  
October 16–26              Saya Roger Bischoff

### Singapore/Malaysia

December 4–14              Saya Roger Bischoff

### Sweden

April 24–28                  Saya Roger Bischoff (*weekend*)

### Switzerland

April 2–12                    Mr Eugen Jung

### Ukraine

June 5–15                    Saya Roger Bischoff  
October 2–12                Saya Roger Bischoff



## SPECIAL DAYS 2026

Sayagyi U Ba Khin's Demise Day	19 January
Mother Sayamagyi's Demise Day	28 January
Full Moon of Tabaung	2 March
Mother Sayamagyi's Birthday	6 March
Sayagyi U Ba Khin's birthday	13 March
Water Festival	13–16 April
Burmese New Year	17 April
Buddha Day (Full Moon of Kason)	30 April
Mahā Samaya Day (Full Moon of Nayon)	30 May
Dhammacakka Day (Full Moon of Waso)	29 July
Teachers' arrival in the West	12 October
Abhidhamma Day (Full Moon of Thadingyut)	26 October
Festival of Lights (Full Moon of Tasaung Mon)	24 November
Sayagyi U Thet's Day	25 December



## BIOGRAPHIES OF SAYAGYI U BA KHIN AND MOTHER SAYAMAGYI

Sayagyi U Ba Khin was born in Yangon, Myanmar, on 6th March 1899. Though he had been a brilliant pupil throughout elementary and secondary school and passed the university entry exams, he did not go to university. His parents were not well off and he felt that he had to earn an income as soon as possible to support them.

He entered the British administration and through diligent work and study became one of the highest ranking local civil servants. When Myanmar gained independence he was named the first Accountant General of Burma.

Sayagyi U Ba Khin started to practise meditation under Saya Thet Gyi, who was a disciple of the famous Venerable Ledi Sayadaw, and one of the first lay meditation teachers in Myanmar. Sayagyi U Ba Khin was also urged by the Webu Sayadaw — who was believed to have reached arahatship — to pass on the Buddha's teachings as he knew and understood them.

Sayagyi U Ba Khin's aspiration was to give lay people, who lead busy and often unsettled lives, a tool to understand the teachings of the Buddha in practice. He knew that a working person would not be able to devote long periods of time in the forest to meditation. Therefore he designed a technique, within a ten-day course, which could enable a diligent student to follow in the footsteps of the Buddha up to understanding the ultimate truth and Nibbāna.

Sayagyi U Ba Khin showed through his life that meditation can very successfully be integrated into and greatly benefit one's day to day life. The power of mind he gained through his practice allowed him to run up to four major government departments simultaneously at the same time as teaching meditation courses. Sayagyi U Ba Khin passed away on 19th January 1971.

Mother Sayamagyi Daw Mya Thwin was born in Moulmein, Myanmar, on 12th March 1925. Her mother died soon after her birth, and she was brought up by her maternal grandparents. Through her husband, Sayagyi U Chit Tin, she came into contact with Sayagyi U Ba Khin in 1953 and soon became his leading disciple. Mother Sayamagyi was always present when Sayagyi U Ba Khin was teaching and she assisted him with all his disciples, both Myanmar and foreign.

After Sayagyi U Ba Khin's demise, Mother Sayamagyi taught at the IMC in Yangon until she and Sayagyi U Chit Tin left Myanmar in 1978 to teach in the West. It had always been Sayagyi U Ba Khin's deepest wish to teach meditation to the people of the West, but circumstances beyond his control prevented him from leaving his country. Mother Sayamagyi and Sayagyi U Chit Tin renounced their life in Myanmar in order to fulfil this wish of their teacher. Travelling and teaching all over the world for more than 30 years, they established five meditation centres with pagodas for meditation and many other national groups and associations worldwide.

Mother Sayamagyi passed away at IMC UK on 28th January 2017.

# International Meditation Centre

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