

About This Book

The Venerable Chanmyay Sayadaw is the abbot of Chanmyay Yeikatha Meditation Center, Yangon, Myanmar. He is a wellknown mediation master who has taught innumerable vipassana meditation retreats in over thirty countries throughout the world.

Since 1995 he has taught in Singapore every year. Accordingly, he conducted a retreat at a Thai Buddhist monastery, Singapore in February this year, 2009. Many interested devotees of Singapore, especially Myanmar devotees, attended the course and practiced meditation intensively.

Jeffery Po from *For you* magazine in Singapore respectfully requested the Ven. Sayadaw to permit him an interview. The Sayadaw gave him permission. So Jeffery has a good opportunity to learn the teaching of this eminent mediation teacher.