**To receive a daily email with a quote from Sayadaw, “The Daily Tejaniya”** [**http://mcgillreport.org/dailytejaniya.htm**](http://mcgillreport.org/dailytejaniya.htm)

**For supporting practice according to the teachings of Sayadaw U Tejaniya.** [**wisdomstreams.org**](http://wisdomstreams.org/)

**Wisdom Streams has an associated google group which you can sign up for at:** [**https://groups.google.com/group/wisdom-streams-foundation**](https://groups.google.com/group/wisdom-streams-foundation)**.**

**For information about Sayadaw’s teachings, including pdf files of many of his writings and book:** [**https://ashintejaniya.org/**](https://ashintejaniya.org/)

[**Awareness and Wisdom Instructions by Andrea Fella**](https://drive.google.com/file/d/1Z7k2IQ9MuaKKo6yWVvse8KKSbdrXdAdD/view?usp=sharing)**: This pdf file contains transcriptions of instructions by Andrea during a previous retreat offered in this style.**

**2021-2022 Retreats with Carol, Andrea and/or Neesha in**

**Sayadaw U Tejaniya’s style of practice**

**July 18 – 28, 2021 (Online) sponsored by Insight Retreat Center**

Mindfulness of Mind Retreat for Experienced Students (Online) with Andrea Fella

Registration opens April 18th. *Retreat is full with a waitlist.*

Space is limited. Previous experience required and teacher permission needed.

See: <https://www.insightretreatcenter.org/online-retreats/online-retreat-schedule/>

**Sept 11-17, 2022 (Online) Daily Life Retreat sponsored by Insight Meditation Center**

Awareness and Wisdom in Daily Life Retreat with Andrea Fella

*Not yet posted on the IMC retreat calendar.  Information will be available at*

<https://www.insightmeditationcenter.org/calendar/>

**April 23-30, 2022 at the Insight Retreat Center, Santa Cruz, CA**

Awareness and Wisdom Retreat with Andrea Fella and Neesha Patel  (in person at IRC)

See: <https://www.insightretreatcenter.org/retreats/>

**May 6-14, 2022 at the Insight Meditation Society, Barre, MA**

Awareness and Wisdom Retreat with Carol Wilson, Steve Armstrong, Alexis Santos, Mark Nunberg and Neesha Patel; with mindful movement offered by Franz Moeckl

*Not yet posted on the IMS retreat calendar.  Information will be available at*

[*https://www.dharma.org*](https://www.dharma.org/)

**June 17-26, 2022 at Spirit Rock Meditation Center**

Awareness and Wisdom Retreat with Carol Wilson, Andrea Fella, Alexis Santos, Mark Nunberg, Neesha Patel

Not yet posted on the Spirit Rock calendar.  Information will be available at:

[*https://calendar.spiritrock.org*](https://calendar.spiritrock.org/)

**July 23 – Aug 6, 2022 at the Insight Retreat Center**

Mindfulness of Mind Retreat for Experienced Students (at IRC) with Andrea Fella

Space is limited. Previous experience required and teacher permission needed.

*Not yet posted on the IRC retreat calendar.  Information will be available at*

See: <https://www.insightretreatcenter.org/retreats/>

**Further Information about Neesha’s teaching schedule:**

[**neesha.com**](http://neesha.com/)

**Other Retreats with Andrea:**

**Oct 5-26, 2021 at the Insight Meditation Society, Barre, MA (In person)**

Three week insight meditation retreat at IMS with Andrea Fella, Annie Nugent, Winnie Nazarko, Greg Scharf, Nakawe Cuebas, Tara Mulay

<https://www.dharma.org/retreats/700>

**Feb 26- March 26, 2022 Month-long Retreat at Spirt Rock (In person)**

Month long retreat with Andrea Fella, Greg Scharf, Bhante Buddharakkhita, Winnie Nazarko, and Anushka Fernandopulle

Not yet posted in the Spirit Rock website

Information will be forthcoming at [www.spiritrock.org](http://www.spiritrock.org/)

**May 8 -21, 2022 at the Insight Retreat Center (In person)**

Experienced Students with Gil Fronsdal and Andrea Fella

See: <https://www.insightretreatcenter.org/retreats/>