

To receive a daily email with a quote from Sayadaw, "The Daily Tejaniya"

<http://mcgillreport.org/dailytejaniya.htm>

For supporting practice according to the teachings of Sayadaw U Tejaniya. wisdomstreams.org

Wisdom Streams has an associated google group which you can sign up for

at: <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/>

[Awareness and Wisdom Instructions by Andrea Fella](#): 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>

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>

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

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 Spirit 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

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/>