

Satipaṭṭhāna Workshop (Part I)

Lesson Plan

Workshop 1 (27 Nov)

Time	Plan
12:30 – 14:30	Session 1 (Live Streamed)
16:30 – 18:30	Session 2 (Live Streamed)

Workshop 2 (4 Dec), 3 (11 Dec) & 4 (18 Dec)

Time	Plan
08:00 – 10:15	Session 1 (Live Streamed)
10:15 – 12:00	Lunch
12:00 – 12:30	Breakout Session
12:30 – 14:30	Session 2 (Live Streamed)

General Reading:

- [Satipaṭṭhāna Saṃyutta \(SN 47\)](#)
- [Satipaṭṭhāna Sutta \(MN 10\)](#)
- [Introduction to Satipaṭṭhāna](#)
- [Introduction to Satipaṭṭhāna Sutta](#)
- [A History of Mindfulness](#) by Bhante Sujato (advanced).

Course Content

Day 1 (27/11): *Satipaṭṭhāna*: The Big Picture

- A brief summary of meaning of EBT
- The purpose of this course is to arrive at simple meditation instructions ([MN 118](#))
- A brief review of noble eightfold path ([SN 45.1](#), [SN 45.8](#))
- Definition of *sammāsati* ([SN 45.8](#))
- The breadth of *satipaṭṭhāna*: *Satipaṭṭhāna Saṃyutta* and historical developments ([SN 47](#))
- The meaning of *satipaṭṭhāna*
- The use of *sati* in the *suttas*
- Why the Buddha can speak on *satipaṭṭhāna* for a hundred years ([MN 12](#), end)
- *Satipaṭṭhāna* is a gem! ([AN 8.19](#))
- *Satipaṭṭhāna* as a refuge ([DN 26](#), beginning)
- The relationship between the Aids to Awakening (*bodhipakkhiyadhammas*) and *satipaṭṭhāna*
- The place of *satipaṭṭhāna* on the path
- How *satipaṭṭhāna* meditation works.

Day 2 (4/12): Myths/Misconceptions

- What do we do when there are disagreements of interpretation?
- *Satipaṭṭhāna* Sutta is the most important *sutta*
- *Satipaṭṭhāna* can be fully understood through the *Satipaṭṭhāna* Sutta
- *Satipaṭṭhāna* means “foundation of mindfulness” ([SN 47.1](#))
- *Satipaṭṭhāna* can be done without morality ([SN 45.1](#))
- *Satipaṭṭhāna* is equivalent to *vipassanā* ([SN 45.1](#))
- Modern *vipassanā/satipaṭṭhāna* is a direct lineage going back to the Buddha
- *Satipaṭṭhāna* is “Mindfulness meditation”
- *Satipaṭṭhāna* is non-judgmental awareness of the present moment.

Day 3 (11/12): *Samatha* and *Vipassanā*

- The roots of *vipassanā* meditation
- What are *samatha* and *vipassanā*? ([AN 2.32](#))
- Why there is no such thing as *vipassanā* meditation
- How *samatha* and *vipassanā* arise together
- Specific *suttas* that deal with *samatha* and *vipassanā* ([AN 4.94](#); [AN 4.170](#))
- *Satipaṭṭhāna* and *samādhi* ([AN 8.63](#); [SN 47.4](#))
- *Saññā* and *vipassanā*, how they work together
- *Satipaṭṭhāna* leading to deep insight ([AN 10.28](#); [SN 52.3](#); [SN 47.37](#))
- *Satipaṭṭhāna* and *sammāñāṇa* ([AN 10.103](#))
- *Satipaṭṭhāna* and *samādhi*, a practical *sutta* example ([SN 47.10](#)).

Reading: Ajahn Brahmali: [Why Samatha and Vipassanā Are Inseparable](#); Venerable Mahasi Sayadaw: [Satipaṭṭhāna Vipassana](#); S.N. Goenka: [Satipaṭṭhāna Sutta Discourses](#).

Day 4 (18/12): The Original *Satipaṭṭhāna* Sutta

- How original are the *suttas*?
- The two versions of the *Satipaṭṭhāna* Sutta
- The *Satipaṭṭhāna* Sutta in comparative light
- *Satipaṭṭhāna mūla*, “the root *Satipaṭṭhāna* Sutta”.

Reading: Bhante Sujato: [A History of Mindfulness](#) (second half of book).