

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.

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
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Sweden

April 24–28	Saya Roger Bischoff (<i>weekend</i>)
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Switzerland

April 2–12	Mr Eugen Jung
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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 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

IN THE TRADITION OF SAYAGYI U BA KHIN AND MOTHER SAYAMAGYI

- IMC UK Splatts House, Heddington, Calne, SN11 0PE, UK
Tel: +44 1380 850 238, email: imcuk@internationalmeditationcentre.org
- IMC NSW 54 Cessnock Rd, Sunshine, NSW 2264 Australia; PO Box 3059, Bonnells Bay, NSW 2264, Australia Tel: +61 (0)401 769 901, email: imcnsww@imcnsww.com
- IMC WA 1525 Jacoby Street, Mundaring, WA 6073, Australia
Tel: +61 8 9295 2644, email: imcperth@imcperth.org
- IMC Austria Wabelsdorfer Strasse 9, 9130 St Michael ob der Gurk, Austria
Tel: +43 4224 2820, email: mail@imc-austria.com
- IMC USA 4920 Rose Drive, Westminster MD 21158, USA. Tel: +1 410 346 7889,
email: info@internationalmeditationcenter.org
- Canada IMC Canada, 311 Brembel Crescent, Kitchener, Ontario, N2B 3W9
Tel: +1 519 896 0533, email: patti.canada@hotmail.com
- Cambodia Lam Lay, Tel: +855 9649 26958; email: imccambodai2025@gmail.com
- Germany Sayagyi U Ba Khin Gesellschaft Deutschland e.V.
Christian Wunschik, Ursbachweg 23, 78147 Vöhrenbach.
Tel: +49 771 455 9459; email: SUBK1@web.de
- Japan Sayagyi U Ba Khin Memorial Trust,
2-2-22 Minato-Machi #209, Naniwa-ku, Osaka City 556-0017
Tel/Fax: +81 6 6649 2105, email: emery@waltz.plala.or.jp
- Netherlands Sayagyi U Ba Khin Stichting, Centrumlaan 10, 6869 VE Heveadorp
Tel: +31 26 33 32 554, email: secretaris@ubakhin.net
- Belgium Address/email as for Netherlands. Tel: +32 2 351 4559
- Switzerland Sayagyi U Ba Khin Gesellschaft,
c/o Eugen Jung, Abendstrasse 30/119, 3018 Bern
Tel: +41 31 991 6141, email: information@ubakhin.ch
- Italy Mr Renzo Fedele, Via Euganea 94, 35033 Bressio PD
Tel: +39 040 990 0451, email: renzo1fed@yahoo.it
- New Zealand Mrs Judith Ansell, 9A Cecil Rd, Milford, Auckland, 0620
Tel: +64 9 478 6780, email: judith.ansell@xtra.co.nz
- Russia Tel: +7 905 944 3723 (Ms Oxana Mironova),
email: vipassanacenter.ru@gmail.com
- Singapore Mr Melvin Wee, 272A Sengkang Central, #14-315 Atrina, 541272, Singapore,
Tel: +65 9172 8097, email: info.imc.sg@gmail.com
- Sweden Tel: +46 729 207 7777; meditateinsweden@gmail.com
- Ukraine Mr Oleksandr Nosov, Glushkova Ave, h. 45, app. 37, Kyiv, 03187
Tel: +380 63 154 2077, email: alexandre8n@gmail.com
- USA Mr Joe McCormack, 23 Via Capistrano, Tiburon, CA 94920, USA
(West Coast) Tel: +1 415 789 0153, email: j McCormack23@gmail.com