PAÑÑĀGIRI MONASTERY
Newsletter

THERAVĀDA FOREST TRADITION BUDDHIST COMMUNITY

NOVEMBER 2026 | SADDHĀ · VIRIYA · PAÑÑĀ

«In practice there are only two things to do: know and let go»

AJAHN CHAH

NEWS

Luang Por Amaro at Pañ̃ñāgiri

PAÑÑĀGIRI MONASTERY · OCTOBER 2026

13–17 November 2026

Born in England and academically trained in psychology and physiology, Luang Por Amaro embarked on a profound spiritual search that led him to Thailand, where he ordained as a monk (bhikkhu) under the guidance of Ajahn Chah. After a period in England, he co-founded Abhayagiri Monastery in California, of which he was co-abbot for many years. He later returned to Amaravati, in the United Kingdom, where he is abbot. Although he does not live at Pañ̃ñāgiri, as a spiritual guide he offers his support and experience to the whole community in its practice and growth.

During these days he will be available at the monastery, after the food offering, for anyone who wishes to talk with him. There will also be other opportunities during teatime and Dhamma talks.

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SELECT LANGUAGE

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UPCOMING EVENTS

13–17 November
Stay of Luang Por Amaro at Pañ̃ñāgiri.

15 November
Luang Por Amaro at Pañ̃ñāgiri: 2nd anniversary of the



Monastery Anniversary and Robe Offering (Pha Pa)

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And also: offering of a new Buddha Rūpa and book presentation. Sunday 15 November 2026, from 9:00 to 15:00, at Pañňāgiri, Masia L'Aragall, Aiguafreda (Barcelona). Three rare and auspicious events in a single day: the offering of a new Buddha Rūpa; the first Pha Pa ceremony (robe offering) at Pañňāgiri; and a Dhamma talk and presentation of two new books by Luang Por Amaro, abbot of Amaravati.

The talk will be in English, with translation into Spanish. Both books will be distributed free of charge.

monastery and robe offering (Pha Pa). Also, offering of a new Buddha Rūpa and book presentation. From 9:00 to 15:00.

19–21 March 2027
Residential meditation retreat at Casa d'Espiritualitat Marc Castanyer, in Hostalets de Balenyà (near Pañňāgiri Monastery). A weekend of silent group meditation.

18–20 June 2027
Residential meditation retreat at Casa d'Espiritualitat Marc Castanyer, in Hostalets de Balenyà (near Pañňāgiri Monastery). A weekend of silent group meditation.

8–12 October 2027
Residential meditation retreat at Casa d'Espiritualitat Marc Castanyer, in Hostalets de Balenyà (near Pañňāgiri Monastery). A weekend of silent group meditation.

DAILY SCHEDULE

05:00 — Meditation and Chanting
06:15 — Morning Chores
07:15 — Breakfast
08:00 — Work Period
11:00 — Food Offering and Personal Practice
17:00 — Tea
19:00–20:00 — Meditation and Chanting

UPOSATHA DAYS

Special days of renewed commitment to the Dhamma, corresponding to the four lunar



phases. Everyone is welcome. Extended schedule:

17:00 — Tea (with an opportunity to ask questions of the resident community)
19:00–20:00 — Meditation and Chanting
20:00–20:15 — Short break
20:15–21:00 — Reflection on the Dhamma
21:00–00:00 — Sitting and walking meditation

On the new moon and full moon, resident lay practitioners take the Eight Precepts at 20:15. The following day is a rest day — no morning or evening sessions.

Upcoming Uposatha days:

3 November
9 November
17 November
24 November
2 December
9 December
17 December
24 December

STAYS AT PAÑÑĀGIRI

For those wishing to request a stay at the monastery, all the information and the application form are available at Stays at Pañ̃ñāgiri.

HOW TO SUPPORT

How to Contribute to Pañ̃ñāgiri Monastery

Pañ̃ñāgiri is sustained solely through the generosity of its donors, who offer time, skills, food, or financial donations.

For more information, contact estancias@panyagiri.org, or visit our website.

Sādhu · Sādhu · Sādhu