

Thabarwa Sayadaw Ottamassara

Theravada – Myanmar

Sayadaw Ottamssara is the founder and current abbot of Thabarwa Meditation Center in Yangon, Myanmar as well as several international Thabarwa monasteries and centers in the US and Europe.

Sayadaw was ordained by Sayadaw U Nayyasagara in 2002 is well versed in several Burmese meditation methods (Sayagyi U Ba Khin, the late SN Goenkaji, Mogok). Sayadaw is widely involved in welfare works and give meditation related Dhamma talks in schools, hospice centers and hospitals.