

Ajahn Suthep Chinawaro

Theravada - Thai

Ajahn Suthep Chinawaro was ordained in 1988 as one of the last disciples of Luangpor Teean. He has intensively practised meditation under the direct and strict guidance of Luangpor Teen during his final year in 1988. Ajahn speaks Thai, English and Lao.

Ajahn has also developed Buddhaleela Mahasati, an extension of the traditional Luangpor Teean's technique. This technique basically follows the Luangpor's movements of being mindful of breathing, walking and hand movement.

Ajahn also introduces the Seven-Lotus Walking Meditation technique. Ajahn has conducted many meditation retreats across Malaysia and Singapore for the last three years.