

Pa-Auk Sayadaw Punnananda

Theravada - Myanmar

Ven. Punnananda is the abbot of Ku Doeh Forest Meditation Center, Myanmar. Ven. Punnananda have practiced meditation foremost with Pa Auk Sayadaw. Had his early education with University of Yangon prior to becoming a monk. Venerable is a most competent and experienced teacher and yogis find swift and smooth progress under his coaching.

Had conducted yearly retreat in Penang as well as in other parts of Malaysia and across the world.

Do visit his site at [venpunnananda.blogspot.com](http://venpunnananda.blogspot.com)