

Silent retreat of teachings and meditation

with

Ajahn Sucitto

From november 22 to december 1er, 2019



Ajahn Sucitto was born in London in 1949. His first encounter with Buddhism occurs through Japanese literature. The search for a meaning in life makes him undertake a long journey to the East. He spent some time in India and then, in 1975, he arrived in Thailand in the Chiang Mai region. He quickly decided to engage in monastic life and spent three years in Thailand where he met Ajahn Sumedho whom he found on returning home in 1978 and from whom he decided to stay, assuming the responsibility of publishing and publication of his teachings as well as other Sangha publications. He himself publishes many books available for free distribution. <http://ajahnsucitto.org/>

Ajahn Sucitto was among those who founded "Cittaviveka", the Chithurst Monastery, in 1979. In 1981, he also helped establish a Northumberland vihara, "Aruna Ratanagiri".

In 1984, he became part of the community that began the Buddhist monastery "Amaravati" became the center of the "Sangha Forest" in north-west London.

For thirty-five years, Sucitto Bhikkhu has been teaching and running retreats in Europe, USA, South Africa, Australia. From 1992 to 2014, he assumed responsibility for the Chithurst Monastery.

THEME OF THE RETREAT

"Firm Centre, Open Heart"

"One of the principle aims of meditation is to experience greater warm-heartedness – towards others and oneself. The absence of this is major source of suffering, linked to anxiety, depression and mistrust. On this retreat, we will be cultivating the inner strength that supports and protects the heart so that its natural kindness and compassion can illuminate our lives" Ajahn Sucitto



LOCATION

Located in Haute Provence, Moustiers Sainte-Marie is titled Un Des Plus Beaux Village de France (one of The Most Beautiful Villages of France).

The village enjoys an exceptional setting surrounded by the [Gorges du Verdon](#), the [Sainte-Croix lake](#) and the lavender fields of the [Valensole plateau](#).



Moustiers has a rich history in ceramic craftsmanship and the [faïence](#) is renowned for its fine decoration.

[Access map Google Map](#)

Le REFUGE, Centre Bouddhique Theravada
Téléphone : 06 95 85 83 87

e-mail : lerefugebouddhique@gmail.com Site : www.refugebouddhique.com

RETREAT SCHEDULE

- The retreat will be 9 days; it will start on Friday, November 22 at 17:00 and will end on Sunday, December 1 in the early afternoon around 14:00
- Throughout this retreat, between teachings and sitting and walking meditation sessions, Qi Gong exercises and small group discussions with the teacher can be arranged.
- Throughout the retreat the participants will follow the five precepts of the monastic tradition. Silence will be the rule. They will not have to use their laptops and will refrain from reading and writing.
- Rooms will also be requested to respect the tranquility of others, not to make noise, etc.
- Meals will be limited to breakfast and lunch and will be taken in silence

Ajahn's message

"We will undertake the practice of renunciation by abstaining from eating after noon. All Internet connections should be disabled and phones switched off. Out of respect for the environment, please do not bring or use plastic bottles of water; your portable flask can be filled frequently from our pure local water supply." Ajahn Sucitto

DAILY SCHEDULE

- 5:00 Waking up
- 5h30-7h00 Puja, Meditation, Teaching, Qi Gong
- 07:00 Breakfast
- 8h-9h Collective work and / or free time
- 09: 00-11: 30 Questions and Answers, Teaching - Sitting and Walking Meditation
- 11:30 Lunch
- 14h00-17h00 Teaching, Sitting and Walking Meditation
- 17:00 Tea - Free time
- 19h30 Puja - Teaching - Questions-Answers - Sitting Meditation
- 9:30 pm Free meditation

The schedule may be slightly adjusted.

This retreat is for people who already have experience of meditation.

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ACCOMMODATION

The accommodation is in a room of 2, 3, 4 or 5 people.
Each room has a bathroom and toilet.
The distribution in the rooms is done at the arrival of the participants.

It is useless to contact the monastery of Ségriès directly.

WHAT YOU SHOULD BRING

- Cushion or meditation bench if you have one,
- Think about bringing shoes easy to put off and to put on,
 - Meditation shawl,
 - Shoes to wear indoors,
- Warm clothes, comfortable and decent,
 - Pillowcase, bedsheet, sleeping bag,
 - Flash light,
 - Rain clothes.

TRANSPORTATION IN BUS

For participants arriving by train or plane, a bus is offered at Aix-TGV station.

**From the TGV station it takes 1.5 hours to reach the monastery of Ségriès.
Take into account your arrival and departure times.**

Arrival

Friday, November 22 at the Aix TGV station departure 14h00
After 14:00 there will be no more bus.

Return

Sunday 1st of December departure from Ségriès for Aix-TGV station
depart at 2 pm.

For the good organization, thank you to specify your time of arrival and departure during your registration.

A contribution of € 30 per transport will be required ; to be paid with the deposit.

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REGISTRATION INFORMATION

- The participation of **450 Euros for members and 480 Euros for non-members**, covers the cost of renting the place, accommodation, meals, travel of monks.

Registration deadline: November 15

- **Warning ! The number of places is limited to sixty,**
- **The reservation will be registered after receipt of a deposit of 100 euros (130 € with the bus reservation).**

PAYMENT

By check payable to: Le Refuge 6 Allée Gérard Paulmyer 13290 Les Milles
(checks won't be cashed before the retreat starts)

By bank transfer: Crédit Coopératif Aix en Provence Code BIC : CCOPFRPPXXX
Banque : 42559 Guichet : 10000 Numéro de compte : 08013293773 Clé RIB : 58
IBAN: FR76 4255 9100 0008 0132 9377 358

By Paypal : <http://www.refugebouddhique.com/dons.html>

DANA GIVING

- According to the Buddhist tradition, monks and nuns do not demand any remuneration,
- In keeping with a tradition that has been perpetuated for more than 2500 years, the teachings are offered without consideration.
- **Participants are invited to make a free donation to the teacher's monastery**
 - In this tradition the practice of generosity is an integral part of the way.
- Remember that the monasteries are totally dependent on the generosity of the laity and that the monks give us the most important gift: that of the Dhamma.

"To find happiness in the offering rather than the acquisition causes a complete reversal of the attitude towards life"

Ajahn Sucitto Bikkhu

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