

# Silent retreat of teachings and meditation

with

**Ajahn Khemasiri**

**from 20 – 29 april 2020**



Ajahn Khemasiri is a Buddhist monk in the Thai forest tradition.

He was initially inspired by the Thai meditation master Ajahn Chah and his senior Western disciple Ajahn Sumedho, who allowed him to join the monastic order in 1986.

He spent his 34 monastic years in England, Thailand, Myanmar and Switzerland.

From 2005 until 2018 he was the abbot of Dhammapala Monastery in Switzerland.

In 2018 he stepped back from his duties as the leader of the Swiss monastic community and lived since then independantly in various monasteries in Europe and North America.

## THEME OF THE RETREAT

### "The wisdom of the four immeasurables"

In this retreat the relationship between the four immeasurables (*brahmavihara*, i.e. love, compassion, joy and equanimity) and insight into the non-self nature of our heart-mind will be investigated. The direct experience of the empathic nature of the four *brahmavihara* can lead us to a deep sense of connectedness with all living beings, including ourselves, and it is possible to overcome almost effortlessly everything seperating and dividing. In their final stage of development the *brahmavihara* are the expression of an awakened heart.

Skilful means used during the course will be calm & insight meditation, Kum-Nye body exercises, Dhamma dialogues, observing the eight precepts and strict silence.

## 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](mailto:lerefugebouddhique@gmail.com) Site : [www.refugebouddhique.com](http://www.refugebouddhique.com)

## RETREAT SCHEDULE

- The 9 day retreat will begin on Monday, april 20 at 5 pm. and will end on wednesday, april 29, early afternoon around 2 pm.
- 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

## DAILY SCHEDULE

- 5:00 am. Waking up
- 5:30 - 7:00 am. Puja, Meditation
  - 7:00 am. Breakfast
- 9:00 – 11.30 am. Questions and Answers, Dhamma talk, Sitting and Walking Meditation
  - 11:30 am. Lunch
- 2:00 - 5:00 pm. Dhamma talk, Sitting and Walking Meditation
  - .5:00 pm. Tea
- 7:30 pm. Questions and Answers, Dhamma talk, Sitting Meditation
  - 9:30 pm., Free Meditation

The schedule may be slightly adjusted.

***Previous meditation practice necessary.***

## 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 Ségries directly.***

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

e-mail : [lerefugebouddhique@gmail.com](mailto:lerefugebouddhique@gmail.com) Site : [www.refugebouddhique.com](http://www.refugebouddhique.com)

## 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

Participants arriving by train or plane may use our shuttle service at Aix-en-Provence TGV station.

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

### **.Arrival**

Monday 20 april from Aix en provence TGV station – shuttle departure at 2 pm.

**After 2 pm. no shuttle service**

### **Return**

Wednesday 29 april, shuttle service from Segriès to Aix - TGV station departure at 2 pm.

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

To help us organize things, please mention arrival time and departure time when you register.

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

e-mail : [lerefugebouddhique@gmail.com](mailto:lerefugebouddhique@gmail.com) Site : [www.refugebouddhique.com](http://www.refugebouddhique.com)

## REGISTRATION INFORMATION

- The participation of 450 Euros for members and 480 Euros for non-members, plus the 30 euros by bus if requested, covers the rental costs of the place, accommodation, meals, travel of the monks.

**Registration deadline: April 5**

**• 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.

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

e-mail : [lerefugebouddhique@gmail.com](mailto:lerefugebouddhique@gmail.com) Site : [www.refugebouddhique.com](http://www.refugebouddhique.com)