

Silent retreat of teachings and meditation

with

Ajahn Amaro

from 19 – 29 april 2022



Ajahn Amaro is born in 1956 in England. He graduated from the University of London in 1977 with a BSc in psychology and physiology.

He began his monastic training in the forest monasteries of northeast Thailand with Ajahn Chah in 1978. He continued his training under Ajahn Sumedho, first at Chithurst Monastery in West Sussex, England, and later at Amaravati Buddhist Centre outside of London, where he lived for 10 years.

In June of 1996, Ajahn Amaro moved to California to establish Abhayagiri Monastery. He lived at Abhayagiri until the summer of 2010, holding the position of co-abbot along with Ajahn Pasanno. At that time he was then invited back to Amaravati Buddhist Monastery in England, to take up the position of abbot of this large monastic community. Ajahn Amaro is currently Abbot of Amaravati Buddhist Monastery in the U.K

THEME OF THE RETREAT

"The wisdom of the four immeasurables"

The Buddha said “Nothing whatsoever should be grasped at, or clung to” and that, if one has heard that, “one directly knows everything” which leads to the realization of Nibbāna. So, to recognize the habits of clinging and to learn how to let go are at the very heart of Buddhist practice.

There are various types of clinging described in the Teachings — for example, clinging to sense pleasure, or to views and opinions, or to social conventions, or to ideas about yourself — this retreat will be an opportunity to explore the various habitual forms of clinging like these, how to let go of them and how to realize the peace that comes with a heart free of such grasping and clinging.

Ajahn Amaro

LOCATION



Located in Haute Provence, Moustiers Sainte-Marie is titled Un Des Plus Beaux Villages 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 10 day retreat will begin on Sunday, april 19 at 5 pm. and will end on friday, april 29, early afternoon around 2 pm.
- Throughout this retreat, the days will be spent in teaching, sitting and walking meditation sessions, questions and answers and interviews in small groups.
 - 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.

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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,
Toiletries, towels,
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

Tuesday april 19 from Aix en provence TGV station – shuttle departure at 2 pm.

After 2 pm. no shuttle service

Return

Friday april 29, 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.

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REGISTRATION INFORMATION

- The participation of 500 Euros for members 530 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 10

- **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.

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