

# Meditation retreat

with

**Ajahn Amaro**

**from 21 – 29 april 2018**



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

### " Paticcasamuppada "

### " Dependent Origination "

In this retreat we will be investigating how to liberate the heart from cycles of addiction and compulsion through meditation upon self-centred desire and its relationship to dissatisfaction, and most importantly the means for 'letting go' – for it is often noticed how the quest to fulfil personal cravings leads not to joy but rather to pain-haunted, disappointing habits.

The principle framework the Buddha used to describe the addictive process and its cyclical nature – and the potential to be completely free from such addictions – is known as 'Dependent Origination'; so this will be used as the matrix through which these reflections on craving, suffering and liberation will explored, during this 8-day retreat period.

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](#)

## RETREAT SCHEDULE

The 8 day retreat will begin on Monday, april 21 at 5 pm. and will end on Sunday, april 29, early afternoon around 2 pm.

### 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.*

### 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, bath towels
- Flashlight,
- Rain clothes.

### TRANSPORTATION

Participants arriving by train or plane can use our shuttle service at Aix-en-Provence TGV station or Marseille-Provence airport

It takes about 1 hour 30 to get to Monastère de Ségriès, either from Aix-en-Provence TGV station or Marseille-Provence airport.

### Arrival

Monday 21 april from Aix en Provence TGV station – shuttle departure at noon and 2 pm. (following the number of demand)

**After 2 pm. no shuttle service**

## Return

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

**Contribution cost: 15 € per trip per person.**

To help us organize the retreat, please mention your arrival time and your departure time when you register.

## REGISTRATION INFORMATION

• The 360 (member) or 390 (non-member) euro contribution covers the following costs : rental cost of Ségriès, accommodation, meals, transportation costs for monks and the translator,

**Registration deadline: April 15**

- Look out ! 70 participants maximum
- Your reservation will take effect after receiving a deposit of **80 euro**.

## PAYMENT

By check payable to:

Le Refuge  
6 Allée Gérard Paulmyer  
13290 Les Milles  
France

(checks won't be cashed before the retreat starts)

By bank transfer: Crédit Coopératif Aix en Provence

Code BIC : CCOPFRPPXXX

Banque : 42559 Guichet : 00038 Numéro de compte : 41 0200 2751 1 Clé RIB : 46

IBAN: FR76 4255 9000 3841 02002751 146

By Paypal :

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

## DANA GIVING

- Following Buddhist tradition, monks and nuns don't ask to be paid,
- In keeping with a tradition that's been going on for over 2500 years, teachings are offered with no strings attached.
- Participants may, if they feel inclined to, make a donation for the teacher's monastery.
- In this tradition, the practice of generosity is an integral part of the path.