

Silent retreat of teachings and meditation

with

Ajaan Thanissaro

From april 22 to may 1er, 2019



Thanissaro Bhikkhu (Geoffrey DeGraff)—Ajaan Geoff for his students—is an American Buddhist monk of the Thai forest tradition. After graduating from Oberlin College in 1971 with a degree in European Intellectual History, he traveled to Thailand, where he studied meditation under Ajaan Fuang Jotiko, a student of the late Ajaan Lee Dhammadharo, one of the foremost teachers of the Thai forest tradition, and a student of its founder Ajaan Mun Bhuridatto.

He ordained in 1976 and lived at Wat Dhammasathit, where he remained following his teacher's death in 1986. In 1991 he traveled to the hills of San Diego County, USA, where he helped Ajaan Suwat Suvaco establish Metta Forest Monastery. He was made abbot of the monastery in 1993.

He has written numerous books: The Buddhist Monastic Code, Dhamma talks, Study Guides...He is also the translator of an anthology of the Pali Canon, together with a number of teachings from masters of the Thai forest tradition. All of his books are published on

<http://www.dhammatalks.org/index.html>

THEME OF THE RETREAT

"The ten perfections"

"Dhamma practice is not simply a matter of letting go. It also requires developing good qualities of heart and mind. The ten perfections—generosity, virtue, renunciation, discernment, effort, endurance, truth, determination, goodwill, and equanimity—are a list of such qualities that can be developed not only in meditation, but also in the conduct of daily life.

This retreat will explore what these qualities are and how, in this world of impermanence, they can give lasting value to all our activities."



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

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RETREAT SCHEDULE

The 9 day retreat will begin on Monday, April 22 at 5 pm. and will end on Wednesday, May 1er, early afternoon around 2 pm.

DAILY SCHEDULE

- 5:30 am. Waking up
- 6:00 - 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,
- Pillowcase, bedsheet, sleeping bag,
- Flash light,
- Rain clothes.

TRANSPORTATION

Participants arriving by train or plane may 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 22 april from Aix en provence TGV station – shuttle departure at noon and 2 pm. (following the number of demand)

Contribution cost : 15 € per trip per person.

After 2 pm. no shuttle service

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Return

Wednesday 1 May shuttle service from Segriès to Aix - TGV station depart at 2 pm.

Contribution cost : 15 € per trip per person.

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

REGISTRATION INFORMATION

• The 405 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
(checks won't be cashed before the retreat starts)

By bank transfer: Crédit Cooperatif 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

- 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.

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