

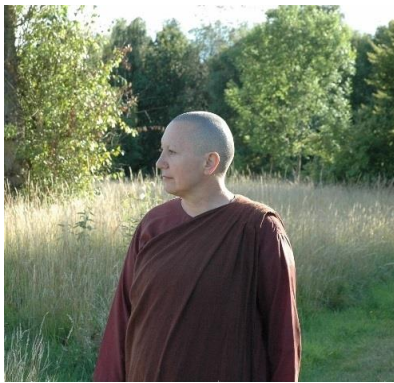
Meditation and teachings silent retreat

From November 13 to 22, 2015 at Ségriès Monastery

The retreat will be in two parts with two different teachers
You can choose to attend one part or the other or both

From 13th to 18th November 2015

Ajahn Metta



Ajahn Metta is a Siladhara since 1996 and has been part of the Ajahn Chah monastic communities in the UK since 1993.

At the moment she is on a Sabbatical and not part of any of the communities.

During the last three years she has been the senior nun at Cittaviveka and has just left the community.

She is teaching retreats for more than 10 years and has been co-teaching a few times with Ajahn Sucitto and other senior members of the monastic Sanhga (Ajahn Chah).

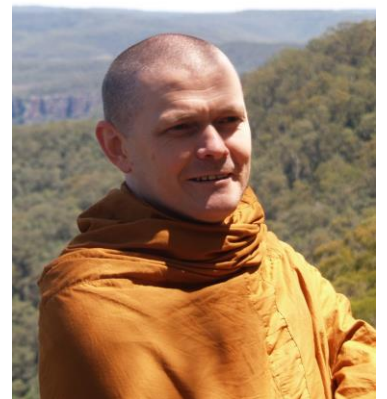
**Theme of the retreat : The Three Universal Characteristics- Tilakkhaṇa
Anattā– Aniccā - Dukkha**

From 18th to 22nd November 2015

Bhante Sujato

Ajahn Sujato (Anthony Best) is an Australian Buddhist Monk. In 1994 he left his music career to take higher ordination in Thailand in the forest lineage of Ajahn Chah. As well as living for several years in forest monasteries and remote hermitages in Thailand, he spent three years in Bodhinyana Monastery (Perth) as secretary of Ajahn Brahmavamso, and over a year in a cave in Malaysia.

He has combined his love of meditation with study of the Buddha's Teachings. He studies and teaches Buddhist texts from comparative and historical perspectives.



Theme of the retreat : Brahmavihāra - Mettā, Karuṇā, Muditā, Upekkhā

LOCATION



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

- During the retreat, in between the teachings and the walking or sitting meditation sessions, small group or individual interviews may be dispensed by the teachers.
- During the whole session participants must undertake the 5 precepts of the monastic tradition.
- Silence is the Rule. Participants should not use their mobile and should abstain from reading and writing.
- Meals will be limited to breakfast and lunch and shall be taken in silence

Retreat with Ajahn Metta from 13th to 18th November 2015

Beginning of the retreat on Friday, November 13th at 7:30 p.m.

End of the retreat on Wednesday, November 18th at 12:00 a.m.

Retreat with Bhante Sujato from 18th to 22nd November 2015

Beginning of the retreat on Wednesday, November 18th at 7:30 p.m.

End of the retreat on Sunday, November 22nd at 2:00 p.m.

DAILY SCHEDULE

- 5:00 AM, Waking up
- 5:30 AM to 7:00 AM, Puja, Meditation

- 7:00 AM, Breakfast
- 9:00 AM-11:30 AM, Questions and Answers, Dhamma talk, Sitting and Walking Meditation

- 11:30 AM, Meal
- 2:00 PM-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.

Individual or small group interviews will also be organized.

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,
- Pillowcases, bedsheets, sleeping bag,
 - Flash light,
 - Rain clothes.

TRANSPORTATION

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

From Aix-TGV to Ségriès :

Friday 13 November at Aix TGV station, departure 14:00 and 15:00
Wednesday 18 November at Aix TGV station, departure 14:00 and 15:00

THERE WILL BE NO SHUTTLE PAST 15:00.

From Ségriès to Aix-TGV :

Wednesday 18 November from Ségriès to Aix TGV station, departure 14:00
Sunday 22 November from Ségriès to Aix TGV station, departure 15:00

It takes about 1 hour 30 to get to Monastère de Ségriès from Aix-en-Provence TGV station

Contribution to cost: 15 € per trip per person.

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

REGISTRATION INFORMATION

The contribution covers the following costs: rental cost of Ségriès, accommodation, meals, transportation costs for monks and nun and the translator,

A deposit of **80 euros** is required in advance, whichever retreat you select.
Your reservation will take effect after receiving the deposit.

Retreat costs :

Full 9 day retreat with Ajahn Metta from 13 to 18 November and with Bhante Sujato from 18 to 22 November :

Retreat participation fee : **405 euros**

5 day retreat with Ajahn Metta from 13 to 18 November :

Retreat participation fee : **225 euros**

4 day retreat with Bhante Sujato from 18 to 22 November :

Retreat participation fee : **180 euros**

Registration deadline: October 15

Look out! 70 participants maximum

PAYMENT

By check payable to: Le Refuge

Address : 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 : 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.**

HOW TO ARRIVE AT "SEGRIES MONASTERY"

GPS : Longitude : 06° 10' 30'' E – Latitude : 43° 51' 22'' N

Directions from Aix-en-Provence (around 1h15'), Manosque (40') and Digne-les-Bains (40')
(The monastery is 6 km before Moustiers village de Moustiers when you arrive from Aix-en-Provence)

Take the highway A51 towards Gap-Sisteron (after the gas station AGIP, turn right and be careful not to continue towards Avignon). Take the exit towards Manosque (Exit18). At the exit, at the first roundabout, turn right towards Gréoux-les-Bains/Vinon-sur Verdon. After the bridge crossing the Durance river, at the next roundabout, continue straight ahead on the D6 towards Valensole for 12 km.

About 2 km before Valensole, at the sign "Digne-les-Bains", "Zone artisanale" et "Les Logissons", leave the D6. (Don't take the D15 towards Oraison, nor towards Valensole center). Continue towards Digne-les-Bains on the D8 for about 15 km. At the next crossing with the D953, turn right, towards Puimoisson.

At the entrance of Puimoisson, follow the D56 towards Moustiers-Ste-Marie. After 5 km, at the crossing with the D 952, turn left and continue towards Moustiers-Ste- Marie, for 2 km.

You will pass-by a gas station ("Les Aygaldes") on your left; 100 m after " ateliers des Cigales–Ségriès ", take the private road on your left with the sign "gîtes de France - Monastère de Ségriès" which leads to the monastery (800 m).

Directions from Nice (around 2h)

Take the highway A8 towards Aix-Marseille, take the exit "Le Muy". Then take the N 555 towards Draguignan ; when you arrive at Trans-en-Provence, follow the direction Flayosc. From there, follow the D557 up to Aups, then take the D957 up to Moustiers. Before entering the village of Moustier take the D 952 towards "Riez". Segriès monastery is about 5 km after Moustiers's village (between Moustiers and Roumoules). At the sign on your right ("Gîtes de France" - "Monastère de Ségriès"), turn and take the private road leading to the monastery (800 m).

Link to Google Map : [Google Map](#)



To contact the Monastère de Ségries

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