

# Meditation retreat

with

**Ajahn Thanissaro**

**From May 17 to May 24, 2015**

Thanissaro Bhikkhu (Geoffrey DeGraff)—Ajahn 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 [Ajahn Fuang Jotiko](#), a student of the late [Ajahn Lee](#) Dhammadhara, one of the foremost teachers of the Thai forest tradition, and a student of its founder Ajahn 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 [Ajahn 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>

Ajahn Geoff came to France in 2011 at the invitation of Le Refuge. He then conducted a retreat whose main theme was Self and Not-Self.

## **THEME OF THE RETREAT**

### **Sati and Kamma**

Sati and kamma are widely recognized as two of the most central concepts in the Buddha's teachings. What is not so well known is the relationship between the two, and their mutual relationship to meditation. Kamma (action) points to the way in which one's intentional choices—both past and present—shape one's experience of life. Sati (the ability to keep something in mind) gives guidance to one's choices, providing the proper frameworks and the imperatives based on those frameworks so that one's choices will shape one's life in a skillful way. Meditation is practicing in strengthening mindfulness so that it will not abandon one in times of need. This retreat—through talks, readings, and plenty of time to meditate—is aimed at providing an understanding of how kamma and sati can be developed and applied to solving life's biggest problem: the unnecessary suffering and stress that we cause ourselves.

## 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](#)

## RETREAT SCHEDULE

The retreat will begin on Sunday, May 17 at 2 PM. It will end on Sunday, May 24, early afternoon

### DAILY SCHEDULE

- 5:00 AM, Waking up
- 5:50 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
  
- 8:00 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,
- 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 and Marseille-Provence airport on Sunday 17 before 12 AM, and on Sunday 24 at 4 PM on their way back from Ségriès.

**There won't be any shuttle service after 12 AM.**

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

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

**Registration deadline: April 30**

- Look out! 60 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 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.