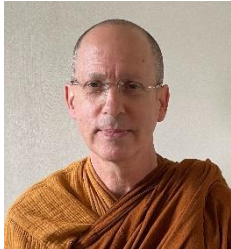


# Silent retreat of teachings and meditation

with

**Ajahn Ahimsako**

**From november 11 to 20, 2025**



Ajahn Ahimsako was born near San Francisco, California in 1959, and spent nearly thirty years living in various countries pursuing a career in classical ballet as a dancer, teacher, and educator. While living in England he travelled to Sri Lanka, where his interest in Buddhism prompted him to begin visiting Amaravati Buddhist Monastery and the London Buddhist Vihara. He began his monastic life in 2002 at Abhayagiri Buddhist Monastery in California, and was accepted into the Bhikkhu Sangha there in 2004 with Luang Por Pasanno as preceptor.

Since 2009, Ajahn Ahimsako has spent eight years living at Amaravati Buddhist Monastery under the guidance of both Luang Por Sumedho and Ajahn Amaro. More recently Ajahn Ahimsako spent one year living at Wat Ratanawan in Thailand. He joined the Chithurst community in the autumn of 2018, and was appointed as the abbot in November 2019.

## THEME OF THE RETREAT

**" Developing the Path to Unconditional Peace"**

## 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](#)

**Le REFUGE, Centre Bouddhique Theravada**  
**Téléphone : 06 95 85 83 87**

**e-mail : [lerefugebouddhique@gmail.com](mailto:lerefugebouddhique@gmail.com) Site : [www.refugebouddhique.com](http://www.refugebouddhique.com)**

## RETREAT SCHEDULE

- The retreat will be 9 days; it will start on Tuesday, November 11 at 5 pm and will end on Thursday, November 20 in the early afternoon around 2 pm.
- Throughout this retreat, between teachings and sitting and walking meditation sessions and small group discussions with the teacher can be arranged.
- 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

- 5:30 Waking up
- 6h00-7h00 Puja, Meditation, Teaching, Qi Gong
- 07:00 Breakfast
- 09: 00-11: 30 Questions and Answers, Teaching - Sitting and Walking Meditation
- 11:30 Lunch
- 14h00-17h00 Teaching, Sitting and Walking Meditation
- 17:00 Tea - Free time
- 19h30 Puja - Teaching - Questions-Answers - Sitting Meditation
- 9:30 pm Free meditation

The schedule may be slightly adjusted.

***This retreat is for people who already have experience of meditation.***

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## 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.***

## 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

For participants arriving by train or plane, a bus is offered at Aix-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, November 11 at the Aix TGV station - departure at 2 pm  
After 14:00 there will be no more bus.

### Return

Thursday, November 20 departure from Ségriès for Aix-TGV station  
depart at 2 pm.

For the good organization, thank you to specify your time of arrival and departure during your registration.

A contribution of € 35 per transport will be required ; to be paid with the deposit.

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## REGISTRATION INFORMATION

- The participation of **513 Euros for members and 543 Euros for non-members**, covers the cost of renting the place, accommodation, meals, travel of monks.

**Registration deadline: November 6**

- **Warning ! The number of places is limited to seventy,**
- **The reservation will be registered after receipt of a deposit :**
  - member : 100 euros (135 € with the bus reservation)**
  - non-member : 130 euros (165 € 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 : [Link](#)  or <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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