

Silent retreat of teachings and meditation

with

Ajahn Sucitto

From april 21 to 30, 2023



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 Dhammadharo, 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>

THEME OF THE RETREAT

"Desire

**How to cultivate skillful desires on the path
to get rid of unskillful desires"**

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 Site : www.refugebouddhique.com

RETREAT SCHEDULE

- The retreat will be 9 days; it will start on Monday, April 21 at 5 pm and will end on Wednesday, April 30 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.

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

e-mail : lerefugebouddhique@gmail.com Site : www.refugebouddhique.com

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

Monday, April 21 at the Aix TGV station - departure at 2 pm
After 14:00 there will be no more bus.

Return

Wednesday, April 30 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.

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

e-mail : lerefugebouddhique@gmail.com Site : www.refugebouddhique.com

REGISTRATION INFORMATION

- The participation of **495 Euros for members and 525 Euros for non-members**, covers the cost of renting the place, accommodation, meals, travel of monks.

Registration deadline: April 6

- **Warning ! The number of places is limited to seventy,**
• **The reservation will be registered after receipt of a deposit of 100 euros (135 € 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 : [Lien](#)



ou <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.

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

e-mail : lerefugebouddhique@gmail.com Site : www.refugebouddhique.com