

## A Mindfulness Retreat in the Tradition of Thich Nhất Hanh

*with*  
the Monks and Nuns  
of Plum Village, France

**October 5 – 8, 2018**

*Health and Happiness*



**Maple Village**  
50 Summit Road,  
Bolton West, Quebec

### Retreat teachers

Retreats are led by the Dharmacaryas of Maple Village or by monks and nuns from monasteries related to Plum Village. All Dharmacaryas are disciples of Venerable Thich Nhat Hanh and have received the Lamp Transmission from the Master. Since 1985, they have led several Retreats and Days of Mindfulness at Maple Village and in cities across Canada.

### Maple Village

Maple Village was founded in 1985 by the Société Bouddhique Les Érables in the belief that Buddhism, as taught and practised in the tradition of Venerable Thich Nhat Hanh, can bring numerous benefits to Canadian society.

Maple Village is a large forest estate nestled in the rolling countryside of the Eastern Townships, near Bolton West, 110 km from Montreal. To lose oneself along the footpaths, to discover with each step a host of plants and animals is to give birth in us to a feeling of serenity and gratitude for Life in all its manifestations. Far from the noise and pollution of the concrete city, our spirit is restored to its true nature.

During the retreat, the entire Sangha comes together in the main house which comprises a large and airy meditation hall on the upper level. On the ground floor, there are a refectory and toilets. The basement was converted into a simple rustic dormitory with bunk beds and foam mattresses. In the surrounding clearings, space for camping is

available for retreatants who prefer to sleep outside in their tents.

### Theme

#### *Health and Happiness*

We will develop our spiritual energy by nourishing ourselves with community meditation and sharing based on the teaching given by the monks and nuns of Plum Village who have experience in the health field.

The themes addressed in the retreat will be as follows: regaining and restoring inner peace, watering the seeds of joy and happiness, taking care of the injured child within oneself, cultivating compassion on a daily basis, etc.

To maintain light body and clear mind throughout the day, we will draw on Buddha's wisdom by following his dietary practices: We will eat only one main meal per day at lunch. Fresh fruits (apples, oranges) and prunes will be available during the morning break. At night time, we will eat lightly, a vegetable soup, so as to sleep well. We will be eating 100% vegetarian, there will be no eggs or dairy products

## Registration form

Name: .....  
.....  
.....  
.....

Address: .....  
.....  
.....

Phone: .....

E-mail: .....

Enclosed:

Cheque for the amount of: .....\$

### Additional information:

I would like to take the Five Mindfulness Trainings:

Yes ( ) No ( )

I bring my tent: Yes ( ), No ( )

Carpooling:

I need ..... place

I offer ..... place

### \* Important :

If you are not attending this retreat but wish to have your name kept on our mailing list, please fill out the form , and send it back to

**Société Bouddhique Les Erables**  
**4029, av. Hampton**  
**Montréal, QC H4A 2L1**

## Schedule of a typical day (not final)

05:00 a.m. Wake-up  
0530-0645 a.m. Yoga, Qi Kong, Tai Chi  
07:00-08:45 a.m. Sitting meditation + fruit breakfast + Work in meditation  
09:00-10:00 a.m. Dharma talk  
10:30 a.m.-12:30 p.m. Walking Trekking  
01:00 p.m. Lunch  
02:30 p.m. Relaxation  
03:30 p.m. Dharma discussion  
05:00 p.m. Yoga, Qi Kong, Tai Chi  
06:30 p.m. Supper  
08:00 p.m. Workshop body  
10:00 p.m. Bed time

## What to bring?

A sleeping bag or bedding and pillow, towel and toiletries, flashlight, raingear, warm clothing, insect repellent, personal medication, pen, notebook and a warm smile.

## Registration

Please complete the registration form and send it to the address indicated on the form.

On-site check-in will start on Thursday from 7:00 P.M. to 8:30 P.M. The orientation session starts at 8:30 p.m. No supper will be served on Thursday evening.

The cost of the retreat covers lodging and vegetarian meals.

## Cost: \$310 CAN

A 50% discount is given to the spouse or partner of a couple, that is, \$310 + \$155 = a total of \$465

Please fill out the registration form and write your cheque to:

4029, av. Hampton  
Montréal, QC H4A 2L1

## For information, please contact:

Société Bouddhique Les Érables

Email :

[Village\\_des\\_erables\\_canada@yahoo.ca](mailto:Village_des_erables_canada@yahoo.ca)