

**A Mindfulness Retreat
in the Tradition of
Thich Nhất Hạnh**

with
**the Monks and Nuns of
Blue Cliff Monastery**

May 18-21, 2018

Peace is the Breathing
Joy is the Walking



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

Retreat teachers

This retreat will be led by the monks and nuns of Blue Cliff Monastery, USA. These Dharmacaryas are disciples of Venerable Thich Nhat Hanh. Since 1985, they have led several retreats and Days of Mindfulness at Maple Village, in cities across Canada, and around the world.

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 hills of 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

**Peace is the breathing
Joy is the Walking**

Registration form

Name:

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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(s)

* 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, avenue Hampton
Montréal, QC H4A 2L1

Schedule of a typical day

05:45 a.m.	Wake-up
06:00-07:45	Sitting meditation
08:00	Breakfast
09:30-11:00	Dharma talk
11:15 a.m.	Walking meditation
12:30 p.m.	Lunch
13:30-14:30	Free time
14:45-15:30	Community work
15:30-17:00	Dharma discussion
17:00-17:45	Total relaxation
18:00	Supper
20:00	Activities
21:00	Sitting meditation
22:00	Bed time- Noble silence

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 May 17 from 6:30 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:

Société Bouddhique Les Érables

and send it to:

4029, avenue Hampton
Montréal (Québec)
H4A 2L1

For information, please contact:

Société Bouddhique Les Érables
Email:
Village_des_erables_canada@yahoo.ca