

A Mindfulness Retreat in the Tradition of Thich Nhất Hanh

with
**Qi Cong Hong Gia Viet Nam
and
Maple Village Dharmacaryas**

October 6th to 9th , 2017

***Taking care of our body,
our spirit and our
environment***



**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 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 that 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

***Taking care of our body,
our spirit and our
environment
Mindfulness of our Body***

Our BODY, imperfect or sick, is always the temple of our MIND. Living in mindfulness may become a miracle which guides us to good health and a happy life.

At the retreat, you will practise in the natural environment of Maple Village: awareness of breathing, sitting, walking and so on, and will learn the healing movements from the Hong Gia Qi Gong lessons.

The schedule of the retreat is similar to that of other retreats in Maple Village, with the exception of two periods of Qi Gong per day.

Registration form

Name:

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Address:

.....
.....

Phone:

E-mail:

Enclosed:

Cheque for the amount of:\$

Additional information:

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

590 rue de Provence
Longueuil, Qc J4H3R2

Schedule of a typical day

05:45 a.m.	Wake-up
06:00 a.m.	Sitting meditation
07:00 a.m.	Chi Cong, Tai Chi
08:00 a.m.	Breakfast
09:30 a.m.	Dharma talk
11:30 a.m.	Walking Trekking
12:30 p.m.	Lunch
02:00 p.m.	Work in meditation
03:00 p.m.	Relaxation
04:00 p.m.	Dharma discussion
06:00 p.m.	Walking meditation
07:00 p.m.	Supper
08:30 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, July 7th 2016, from 6:30 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: \$280 CAN

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

This discount is valid only for people who are married or common law spouses.

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

Société bouddhique les Érables
and send it to:

590 rue de Provence
Longueuil, Qc J4H3R2

For information, please contact:

Société bouddhique les Érables

Email: :

Village_des_erables_canada@yahoo.ca