

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

*with*  
**the Maple Village Dharmacaryas**

**September 1 to 4, 2017**



**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 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.

## 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(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
11:00 a.m.	Walking Trekking
12:45 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 Tuesday, from 6:00 P.M. to 8:30 P.M. The orientation session starts at 8:30 p.m. No supper will be served on Wednesday evening.

The cost of the retreat covers lodging and vegetarian meals.

**Cost: \$310 CAN**

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  
Telephone: (vocal box) (450) 297-3704

Email:

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