



Plum Village

SUMMER RETREAT 2011

(July 07 - August 04)

offered by Zen Master Thich Nhat Hanh and the Sangha of Plum Village
NOTE: Revised information, please read carefully!

Dear Friends,

You are warmly invited to visit Plum Village and practice with our growing international community of practice and to enjoy the wonderful energy of mindfulness. The Summer Retreat is for us to enjoy simple and peaceful living, and thereby nurture our own inner growth. We take time to look deeply in order to transform both our individual difficulties and the difficulties in our society.

Our practice at Plum Village helps us weave mindfulness into all of our daily activities. In this way we can practice meditation throughout the day, while eating, walking, working mindfully, sitting in meditation, or enjoying a cup of tea together. **All visitors participate in communal activities such as arranging the meditation halls, preparing meals, cleaning bathrooms, emptying garbage, watering plants, washing pots, cleaning the kitchen and other tasks as part of the daily practice of mindfulness.** At Plum Village we emphasize *community practice* – so that we can support each other, and learn to live in together in harmony. We ask everyone to contribute to the collective energy of practice by joining in all the scheduled activities. Guests are requested to refrain from smoking, drinking, and sexual practice during their stay; this supports everyone's practice, lay and monastic. Once a week, there will be an opportunity to receive the five Mindfulness Trainings. The Trainings are the foundation of the Plum Village community, bringing happiness and meaning to all that we do.

In order to deepen your practice and make mindful living a vital part of your daily life, we request you stay a minimum of one week.

Dharma Talks will alternate between French, English, and Vietnamese and will be simultaneously translated into the other languages such as German, Dutch, Spanish and Italian. English and French are the languages spoken most often at Plum Village. Whenever possible, Dharma discussion groups in one's native language will be arranged.

SAMPLE SCHEDULE

5:30	Wake-up bell
6:00	Sitting meditation
7:30	Breakfast
8:30	Leave to hosting hamlet
9:00	Dharma Talk
11:30	Walking meditation
12:00	Return to home hamlet
13:00	Lunch
14:00	Personal time
15:00	Working mediation
16:30	Mindfulness Trainings Presentations or Q & A or Tea meditation or Touchings of the Earth
18:15	Dinner
20:00	Orientation or Dharma sharing or Festival celebrations or Beginning Anew
21:30	Sitting meditation
22:00	Bedtime

The summer session is also a time for everyone to get in contact with their cultural roots. A different festival is celebrated every week. You may want to bring your favorite recipes, stories, poems, musical instruments, etc. that carry a special meaning in your culture, or your life, so that you may share them with the community.

2011 CALENDAR OF FESTIVALS

Tuesday	July 12	Full Moon Celebration
Tuesday	July 19	Ancestor Remembrance Day & Thanksgiving Celebration
Tuesday	July 26	Rose Celebration
Tuesday	August 2	Hiroshima/Nagasaki Observance Celebration for Peace

Dates may change

A family program is available for young people who are six years and older. Plum Village staff will help coordinate activities, together with the help of parents and other adults who are interested. *Children under six are completely under the responsibility of their parents.* In past retreats, many such parents were able to coordinate childcare among themselves in order to participate in the adults'

activities. In addition to the children's program we will also have a teen program for girls (at New Hamlet) and for boys (at Son Ha Temple in Upper Hamlet). The teen program is for all young people from the age of 13 to 16 (we can consider older or younger ages on a case by case basis). We ask at least one parent to stay in the same hamlet with their teen(s). We ask all teens and their parents to fully participate in and support the teen program; we will not be able to accommodate teens who do not wish to participate in the program. We will send an additional information and application form for all teens and teen parents. You may request this form by e-mail.

We request that you wear non-revealing clothing at all times while staying at Plum Village: long or short sleeve shirts covering the upper body, and pants, shorts, or dresses, that are roughly knee length. Simple, casual clothing, that is easy to wash, is best. *Inside the meditation hall*, please wear a proper shirt, long pants or a calf-length skirt. For all Dharma talks, formal lunches, tea meditations, and the other various festivals, remember to bring something nice to wear.

One day a week at Plum Village is **Lazy Day**. There are no scheduled activities and the bell will only be invited to announce meal times. Lazy Day is an opportunity to let the day unfold in a natural way while still maintaining mindfulness. We can enjoy being

with friends, taking a walk, reading a book, or just relaxing and enjoying the day in mindfulness; our meditation halls will be open for those who enjoy sitting meditation. We ask everyone to stay within the monastery on lazy day in order to fully benefit from this special day.

Venerable Thich Nhat Hanh (Thầy) is not able to give personal interviews to students and guests who come to Plum Village. We are encouraged to offer written questions, which Thầy can answer in his talks or during Question and Answer Sessions. Plum Village Dharma teachers will be available for consultation.

- **What to bring for the retreat:** When packing, please remember that all laundry must be done by hand during the Summer Retreat. Remember to bring a towel, a flashlight, an alarm clock, laundry detergent for hand-washing, a hat (for sunny or rainy afternoons), slip-on shoes (to be easily removed when entering meditation halls) and warm clothing for rainy or cool weather. A mosquito net, insect repellent, sunscreen, and a small backpack (knapsack) are also useful items to consider bringing. Also, please remember to bring your own earphones with a long extension cord for use with our translation system.
- **Accommodation & Meals:** All housing is organized in community fashion, most living areas and many rooms are shared (see housing preferences below). All meals are vegan. *Unfortunately, we cannot accommodate practitioners who have special dietary and/or medical needs.* Please do not bring any pets to Plum Village. Thank you.
- **Indoor housing:** A covered foam pad and small pillow will be provided. *Please bring your own sleeping bag and sheet to ensure sleeping comfort.*
- **Tent / Camping Van:** We have rustic camping sites with some unlevelled ground. Please *bring your own tent, a camping foam pad, sleeping bag, pillow & case, sheet* and whatever other items that will make your sleeping comfortable. Camping vans are welcome, but utility hook-ups are not available.
- **Transportation:** Plum Village is about 85km east of Bordeaux (which has an airport) and four hours from Paris by train. The nearest train station is Sainte Foy la Grande, on the train route, which runs between Libourne and Bergerac. If you are coming from Paris, book your train Paris--Libourne, Libourne--Ste. Foy la Grande. Please arrive and depart only on the dates indicated on the registration form. On the specified dates (July 07, July 14, July 21, July 28 and August 04), we will arrange for your transportation between Plum Village and Sainte Foy la Grande train station, which may take up to 1 hour (luggage loading & driving time). If you use Plum Village transportation between Ste Foy la Grande train station and Plum Village, please contribute an addition 20 Euros per person to pay for transportation costs. Please specify your arrival time. We will do our best to be there as close as possible to that time. ***Please arrange to arrive at Plum Village before 7pm for registration.***

In order to support our collective energy and practice, all guests (even those returning) must attend an orientation on our practice and daily activities at **8:00PM** on the arrival day. **The orientation session will be given only on the arrival day of each week.**

We hope you will come and share in the joyous celebration of life among blossoming sunflowers and fellow practitioners. We are looking forward to seeing you and to making steps of peace and joy with you at Plum Village this summer!

~ Plum Village Summer Registration Team

HOW TO REGISTER

* WEEKS *	
Week 01	July 07 – July 14
Week 02	July 14 – July 21
Week 03	July 21 – July 28
Week 04	July 28 – August 04

If you would like to attend the summer retreat, please carefully read the instructions below to properly complete your registration form. Since Plum Village generally hosts about 600 participants per week (spread out over five hamlets), we strongly recommend you register **before June 1st** to ensure a space. **The last date for registration for all weeks is June 30th.** Arrival and departure day for the Summer Retreat 2011 is Thursday each week.

* PER WEEK CONTRIBUTIONS *				
HOUSING CODES	DESCRIPTION	17yrs. & older	13yrs. – 16yrs.	6yrs. – 12yrs.
PRV 2	Room with 2 beds & private bathroom	500 Euros	275 Euros	179 Euros
PRV 3-4	Room with 3-4 beds & private bathroom	430 Euros	235 Euros	153 Euros
PRV 5-10	Room with 5-10 beds & private bathroom	360 Euros	198 Euros	130 Euros
PUB 2	Room with 2 beds & public bathroom	415 Euros	216 Euros	140 Euros
PUB 3-4	Room with 3-4 beds & public bathroom	385 Euros	200 Euros	130 Euros
PUB 5-10	Room with 5-10 beds & public bathroom	330 Euros	181 Euros	118 Euros
TENT/RV	Bring own tent or camping van (no utility hook-ups)	280 Euros	154 Euros	100 Euros
DAY	Day commuter	280 Euros	154 Euros	100 Euros

The amounts listed are per person, including tuition, room and meals.

- **Retreatant(s).** Print clearly your last name, first name, and gender (for housing purposes). If you have received the registration form electronically, please fill out the form on your computer, so we can read your information clearly. If

you would like to share a room with someone, please register on the same form. For each person on the registration form, print the full name and gender. For the purpose of sending a confirmation letter and any other relevant information to the retreatant(s), please give us your email address. Please indicate the age of all participants less than 17 years of age to help us with housing assignments and to better coordinate the program for teenagers and children.

- **Means of Transport.** Please mark the appropriate box. *Please note that registration is from 9AM till 7PM on the arrival day for each week at the hamlet indicated on your confirmation letter.*
- **Weeks.** Please enter the weeks you would like to stay with us. Orientation to the practice is scheduled only on Thursday evening, the evening of our weekly arrival day. *We will not process registration forms which indicate an arrival or departure on a date other than the dates listed above, even for those who provide their own transportation.* Please make sure that your planned dates fit with our date.
- **Housing Code.** Enter the corresponding codes of your **first three choices** in accommodation, in order of preference. We will try to assign housing as requested, but we reserve the right to make necessary modifications.
- **Emergency contact person/telephone.** Please give us the name and telephone number of a close relative or friend who we can notify in case of an emergency.
- **Liability waiver.** While we of the Plum Village Sangha will try our best to ensure your stay with us is incident-free, we cannot be held responsible for any injury or illness that may occur. For everyone over 16 years old please date and sign in the space provided. For those less than 16 years of age, a parent or a legal guardian must sign and date.
- **Method of Contribution.** All contributions should be made in Euros only. Do not send cash. Do not send EuroCheque or personal checks not issued by a French bank. There will be a 15 Euros bank charge for all foreign checks. Please make them payable to **Communaute Bouddhique Zen**. Please mark the appropriate box on the registration form. *If you contribute by postal mandate or wire transfer, please attach a clear copy of the document confirming the transaction to the hamlet's email that you are registered. If you contribute by travellers' cheques, please remember to sign, counter-sign, and date all checks.* You are also welcome to pay by Cash or Credit Card upon arrival. Any omission of the above information will add much delay to the processing of your entire registration. **You may send checks by postal mail to the address of the appropriate hamlet listed below.**

For postal mandates or wire transfers, please use the following accounts: Communaute Bouddhique Zen, CREDIT AGRICOLE D'AQUITAINE International Banking Account Number (IBAN): FR76 1330 6003 4242 9011 9901 196 Bank Identifier Code (BIC): AGRIFRPP833.

- **Total enclosed (Euros only).** Please make your *entire contribution at the time of registration if you plan to stay for one or two weeks.* For those who wish to stay three weeks or more: *you may contribute the entire amount, or the amount for your first two weeks, upon registration. The remainder may be contributed upon your arrival.*
- **Refunds.** Please take note of the timetable for cancellations if you wish to receive a refund.

REFUNDS	
Notice of Cancellation	Refund amount per person
before June 01 st	Full refund minus 40 Euros
June 01 st – 30 th	50% refund
after June 30 th	No refund

Thank you in advance for taking the time to carefully read the information we have sent. If you still have questions, please do not hesitate to contact us before mailing in your registration form.

ADDRESS ALL INQUIRIES TO:

For parent(s) with their children of 12 years and younger whose native language is French, Italian, Spanish or Vietnamese, for Native Italian, Spanish speaking couples, for all teenage boys (13-18 years old) (no teenage girls will be accepted in Upper Hamlet) and all single men , please contact:	UPPER HAMLET – Dharma Cloud Temple & Son Ha Temple Le Pey 24240 Thenac, FRANCE E-mail: UH-office@plumvillage.org
For parent(s) with their children of 12 years and younger whose native language is German or Dutch, for all Vietnamese speakers, for native Dutch, English, French and German speaking couples, and for all native Dutch, German, and French speaking single women , please contact:	LOWER HAMLET – Dharma Nector Temple Meyrac 47120 Loubès-Bernac, FRANCE Telephone No.: +33.5.53.94.75.40 E-mail: LH-office@plumvillage.org
For parent(s) with their children of 12 years and younger whose native language is English or Scandinavian , for all Scandinavian, French, and English couples and single women , and for all teenage girls (13-16 years old), please contact:	NEW HAMLET – Loving Kindness Temple 13 Martineau 33580 Dieulivol, FRANCE Tel. No. +33.5.35.54.01.74/+33.5.56.61.66.88 E-mail: NH-office@plumvillage.org

- Please send your registration only after March 15th and before July 1st, 2011
- Please note that families here stands for parent(s) with their children of 12 years and younger. All boys from 13 to 16 years old participate in the teenage program in Upper Hamlet, and all girls at this age have a teenage program in the New Hamlet. Please send your registration form to the appropriate hamlet.
- Please check our Web Site at <http://www.plumvillage.org> for up-to-date information about Summer Retreat 2011. Please feel free to communicate with us through e-mail. *Please do not send your registration form via facsimile; they are very often unreadable, which delays their processing.*