Chan Retreat
„Paths to Chan"
with Hildi Thalmann (Chang She)
Chan-Teacher in the Tradition
of Master Sheng Yen

Saturday September 28 – Tuesday October 3, 2019

In the retreat entitled "Paths to Chan" we will become familiar with the Chan methods, as taught in the lineage of Master Sheng Yen. Unlike longer-term retreats the daily routine is designed a little looser and more flexible, and more instructions and explanations are given. We learn the basic techniques of relaxation and concentration to settle body and mind. Thereafter we are introduced to the methods of "Silent Illumination" (*Mozhao*) and *Huatou*. Discover which method suits you the most. We practice in sitting periods of 30 or 40 minutes, alternating with Yoga exercises and meditative walking. Dharma talks include also practical aspects of our predecessors. Questions and problems arising with the use of the chosen meditation method can be discussed in individual interviews. Daily one hour of work meditation. Continuous silence.
We will start the retreat on September 28 at 6:00 p.m. and finish on October 3 at 11:00 a.m. Retreat language is German, translation into English is possible.

Venue: Casa Trüb CH-6984 Pura

Retreat fee (including veg. meals, lodging in with one, two or three beds):
CHF 380 /Euro 340 (Sponsor: CHF 450 /Euro 400)
Bank transfer for Swiss Francs: PC-Konto 60-592636-0. Chan Bern IBAN: CH97 0900 0000 6059 2636 0.
Bank transfer for Euros: PC-Konto 91-970226-2. IBAN CH91 0900 0000 9197 0226 2. Bic POFICHBEXXX, Postfinance AG, Mingerstr. 20, CH 3030 Bern with the designation: Chan Bern, 3000 Bern.
With the bank transfer your participation is automatically accepted (if there are still places available).

Application: The application form and the retreat fee should be sent by September 20, 2019 to: Chan Bern, Hildi Thalmann, Herrengasse 21, CH 3011 Bern, Tel. 031 352 22 43; hthalmann@gmx.net, www.chan-bern.ch

The **prerequisite for acceptance** to the retreat is at least 6 months of experience in Buddhist meditation practice.

Additional information: Participants with limited financial resources may apply for a discount on the participation fee. Meditation cushions and mats are on site.

Retreat Teacher

Hildi Thalmann, Chang Sheng ("Always Letting Go"). After many years of practicing meditation in the Christian contemplation and Japanese Zen tradition, she became a student of Master Sheng Yen in 2004. She attended many retreats with Master Sheng Yen and his successors. In 2008 she received teaching permission by Master Sheng Yen. Since then, she was regularly involved in teaching assignments as part of Chan Bern (www.chan-bern.ch) and as an assistant at retreats with Asian and Western Dharma heirs of Master Sheng Yen.

She is the mother of 2 grown children, Dr. med., previously worked as a child neurologist, Master of Science of Religion.

Master Sheng Yen (1930-2009) was one of the greatest contemporary Buddhist Chan Masters. He established the Dharma Drum lineage in the tradition of Chinese Humanistic Buddhism. The training of monks and nuns was one of his major concerns, as well as practicing socially engaged Buddhism and interreligious dialogue. The lineage of Master Sheng Yen unites Caodong (Jap. Soto) and Linji (Jap. Rinzai).

Casa Trüb

Casa Trüb is situated in the community of Pura, 15 minutes walking distance from Lago di Lugano and near the Italian border. Easily accessible by S-Bahn and road, the house is isolated thanks to its position on a hill in the midst of a large garden. Since 2016 the house is looked after by Nadine und Nadir Weber-Amsler. (Homepage: www.casa-trueb.net)

The historical house of the Casa Trüb and the calm and natural beauty of its environment are ideal for the practice of meditation and for relaxing. Casa Trüb belongs to the Trüb family since 90 years. In the 1930s- und 1940s it was a centre of intensive intellectual exchange. In near contact with Martin Buber, Ernst Michel and other scientists as guests of the house, the pioneering draft of Trüb's

Dialogical Psychotherapy was born here.

Casa Trüb has the capacity to accommodate up to 12 participants during retreats.