

Intensive 7-Day Chan Retreat

Led by Venerable Chang Wu Fashi

August 26 to September 2nd, 2019

In this 7-day retreat we follow the traditional Chan monastery schedule, starting early in the morning and making the most efficient use of time in concentrated group practice.

The retreat will begin on August 26 with an evening meal at 6 pm, followed by a Dharma talk by Venerable Chang Wu and will end before lunch on September 2nd.

The retreat is held in silence. The day begins at 5:00 am, and ends at 10:00 pm consisting of a number of 30 or 40 minutes meditation periods, including walking meditation and Yoga exercises. Dharma lectures will be given daily and participants will have the opportunity for personal interviews with the teacher. The retreat will be conducted in English.

Retreat location: Haus Tao, CH-9427 Wolfhalden

Retreat fee (including veg. meals, lodging in with one, two or three beds):

7 Days CHF 690 /Euro 600 (Sponsor: CHF 750 /Euro 660)

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 August 1st, 2019 to: Chan Bern, Hildi Thalman, Herrengasse 21, CH 3011 Bern, Tel. 031 352 22 43; hthalmann@gmx.net

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

Retreat location: The Meditation Centre Haus Tao is situated in the north-eastern part of Appenzell, 500 m above sea-level. 20 minutes by car or 30 minutes by train from St. Gallen, between Rorschach und St. Margrethen, near the Austrian border. See: www.haustao.ch.

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



The Venerable Chang Wu Fashi is currently the Abbess of Dharma Drum Vancouver Centre. She too is a Buddhist monastic in the Chan tradition. In the past 15 years, she delivered regular classes in Buddhist philosophy and meditation, to a wide range of people from different background and age group. She led regular intensive meditation retreats to seasoned practitioners in Toronto and Vancouver, Canada and various meditation centres in the USA as well as Mexico and Taiwan. Apart from leading meditation retreats, she was a teacher on Buddhism and meditation practice at the Sheng Yen Academy and Dharma Drum Sangha University in Taiwan. In addition, she played an active role in organizing and participating in scholarly conferences and interfaith dialogue around the world.

<http://www.ddmb.ca/ddmba/index.php>

Retreat assistant is **Chang She**, Chan teacher, Bern. After many years of practice in Christian contemplation and Japanese Zen Chang She became a follower of Master Sheng Yen in 2004 und has since then attended many retreats guided by him and his Dharma heirs. In 2008 she was given permission to teach by Master Sheng Yen.

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

Haus Tao



The Meditation Centre Haus Tao is a Buddhist practice and study centre of the Sati-Zen Community, whose main interest lies in the combination of Vipassana und Zen.

Centre and direction

The calm and the natural beauty of the house and the environment are ideal for the practice of the meditative way.

Centre Haus Tao is under the direction of Zen-Master Marcel Geisser, who bought the house in 1986. Today it belongs to the Foundation for Mindful Living. Haus Tao has the capacity to accommodate up to 20 participants during retreats.