

# **Sankisa Retreat Program**

*With Ven. Thich Nhat Hanh and Monastic Sangha from Plum Village*

**12-14 October 2008**

*Organized by*

**Youth Buddhist Society India & Ahimsa Trust**

## **Short Biography of Ven. Thich Nhat Hanh**

Nhat Hanh (Vietnamese: Nhất Hạnh; (born October 11, 1926 in central Vietnam) is an expatriate Vietnamese Zen Buddhist monk, teacher, author, poet and peace activist. He joined a Zen monastery at the age of 16, studied Buddhism as a novice, and was fully ordained as a monk in 1949. Commonly referred to as Thich Nhat Hanh (Vietnamese: Thích Nhất Hạnh), the title Thích is used by all Vietnamese monks and nuns, meaning that they are part of the Shakya (Shakyamuni Buddha) clan.

In the early 1960s, he founded the School of Youth for Social Services (SYSS) in Saigon, a grassroots relief organization that rebuilt bombed villages, set up schools and medical centers, and resettled families left homeless during the Vietnam War. He traveled to the U.S. a number of times to study at Princeton University, and later lecture at Cornell University and teach at Columbia University. His main goal of those travels, however, was to urge the U.S. government to withdraw from Vietnam. He urged Martin Luther King, Jr. to

oppose the Vietnam War publicly, and spoke with many people and groups about peace. In a January 25, 1967 letter to the Nobel Institute in Norway, King nominated him for the Nobel Peace Prize. Nhat Hanh led the Buddhist delegation to the Paris Peace Talks.

One of the best known Buddhist teachers in the West, Thich Nhat Hanh's teachings and practices appeal to people from various religious, spiritual, and political backgrounds. He offers a practice of mindfulness adapted to Western sensibilities. He created the Order of Interbeing in 1966, and established monastic and practice centers around the world. As of 2007 his home is Plum Village Monastery in the Dordogne region in the South of France and he travels internationally giving retreats and talks. He coined the term Engaged Buddhism in his book *Vietnam: Lotus in a Sea of Fire*.

Exiled from Vietnam for many years, he was allowed to return for a trip in 2005 and again in 2007. He has published more than 100 books, including more than 40 in English. He also publishes a quarterly Dharma talk in the journal of the Order of Interbeing, the *Mindfulness Bell*. Nhat Hanh continues to be active in the peace movement, sponsoring retreats for Israelis and Palestinians, encouraging them to listen and learn about each other. He has given speeches urging warring countries to stop fighting and look for non-violent solutions to problems; conducted a peace walk in Los Angeles in 2005, and again in 2007, attended by thousands of people; and urging support of the demonstrating monks in Myanmar. He was awarded the Courage of Conscience award June 16, 1991.

**Youth Buddhist Society [YBS]** is a volunteer, nongovernmental, nonsectarian, nonprofit, nonpolitical people's development movement based on engaged buddhism established on 1986 in Sankisa, Uttar Pradesh – India. By act of Indian constitution YBS was formally incorporated in 1994 as Youth Buddhis Society Development Committe of India. YBS has brought about grassroot innitiative, involvement and development of mind among thousand of villagers and human race in India.

**Ahimsa Trust** is a volunteer driven, non-profit organisation geared towards cultural, social development and educational work aimed at creating peace and harmony within oneself, ones' family and in society. Ahimsa aims to spread the ethics of peace and non-violence through alliances and programmes in the areas of mindfulness in education, culture, environment, gender sensitization, responsible tourism and sustainable livelihoods.

**Youth Buddhist Society** collaborate with **Ahimsa Trust** will organize 3 days Mindfulness Retreat near Sankisa village where Buddha spen his 8<sup>th</sup> Rain retreat there, the retreat program included lead by Plum Village Monastic Delegation and Dharma Talk by Ven. Thich Nhat Hanh and dharma teacher.

## Daily schedule

### Sunday, October 12, 2008

No	Time	Activity
1	08:00 - 09:00	Opening ceremony
2	09:00 - 10:30	Keynote (Buddha and His Dharma )
3	11:00 - 12:30	What is meditation how I can practice it
4	12:30 - 13:30	lunch
5	14:00- 15:00	Guiding Meditation
6	15:30 – 16:30	How Meditation is useful some one 's life
7	16:30 – 17:30	Group discussion with tea
8	17:30 – 19:30	Relax time and dinner
9	19:30 – 20:00	Evening Chanting
10	20:00 – 21:00	Question and Answer
11	21:00 – 22:00	Evaluation of the day
12	22:00 – 22:30	Preparation for sleep

### Monday, October 13, 2008

No	Time	Activity
1	04:00 - 04:30	Get up and get ready
2	04:30 - 05:00	Morning Chanting
3	05:00 - 06:30	Walking meditation to Sankisa's Stupa
4	07:00 - 08:00	Breakfast
5	09:00- 10:30	Sitting meditation; Dharma talk: Buddha and His Dharma
6	10:30 – 11:00	Break
7	11:00 – 12:30	What is meditation how I can practice it
8	12:30 – 13:30	Lunch
9	14:00 – 15:00	Guiding Meditation
10	15:30 – 16:30	How Meditation is useful some one 's life

11	16:30 – 17:30	Group discussion with tea
12	17:30 – 19:30	Rest and dinner
13	19:30 – 20:00	Evening chanting
14	20:00 – 21:00	Question and Answer
15	21:00 – 22:00	Evaluation of the day
16	22:00 – 22:30	Preparation for sleep

### **Tuesday, October 14, 2008**

No	Time	Activity
1	04:00 - 04:30	Get up and get ready
2	04:30 - 05:00	Morning Chanting
3	05:00 - 06:30	Walking meditation to Sankisa's Stupa
4	07:00 - 08:00	Breakfast
5	09:00- 10:30	Dharma talk by Ven. Thich Nhat Hanh: Pravarna Divas by
6	10:30 – 11:00	Break
7	11:00 – 12:30	Mindfulness Dharmayatra to Sankisa
8	12:30 – 13:30	Lunch
9	14:00 – 15:00	What is Buddha's teaching / Guiding meditation
10	15:30 – 16:30	How Meditation is useful some one 's life
11	16:30 – 17:30	Group discussion with tea
12	17:30 – 19:30	Rest and dinner
13	19:30 – 20:00	Evening chanting
14	20:00 – 21:00	Question and Answer
15	21:00 – 22:00	Closing ceremony
16	22:00 –	festival