

Intensive 7-Day Chan Retreat

Led by Rebecca Li
Dharma heir of Simon Child in the Lineage of
Chan Master Sheng Yen

Saturday, June 10th to Saturday, 17th 2023

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 June 10th with an evening meal at 6 pm, followed by a Dharma talk by Rebecca Li and will end before lunch on June 17th.

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.

The **prerequisite for acceptance** to the retreat is at least 6 months of experience in Buddhist meditation practice. Meditation cushions and mats are on site. Please wear comfortable and decent clothes.

Retreat location: Haus Tao, CH-9427 Wolfhalden ([see map here](#))

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

Application: The application form should be sent by May 27th, 2023 to: info@chan-bern.ch or online on our website www.chan-bern.ch

Retreat fee: 7 Days CHF 790, Sponsor: CHF 860

including veg. meals, lodging in with one, two or three beds and Dana.

Participants with limited financial resources may apply for a discount on the participation fee.

Payment: until May 27th, 2023, on the following account:

Verein Chan Bern.

IBAN CH97 0900 0000 6059 2636 0

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).

Retreat Teacher



DR. REBECCA LI, a Dharma heir in the lineage of Chan Master Sheng Yen, began her teacher's training with the master in 1999 when she also began to serve as his translator until his passing in 2009. Starting in the mid-2000s, she also trained with John Crook and Simon Child, both lay Dharma heirs of the master, and received full Dharma transmission from Simon Child in 2016. Currently, she leads Chan retreats, teaches meditation and Dharma classes, and gives public lectures mostly in North America. Her schedule, talks and writings can be found at www.rebeccali.org. She is the founder and guiding teacher of [Chan Dharma Community](http://ChanDharmaCommunity.org) and

Professor of Sociology at The College of New Jersey. She is author of *Allow Joy into Our Hearts: Chan Practice in Uncertain Times* and *Illumination: A Guide to the Buddhist Method of No-Method* (forthcoming by Shambhala).

Retreat assistants are practitioners of Chan Bern (www.chan-bern.ch).

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).

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 and Zen.

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

The Meditation 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. Further information can be found on www.haustao.ch.