

# Intensive 7-Day Chan Retreat

## Led by Venerable Abbess Chang Wu Fashi

August 31 to September 7, 2024

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 31 with an evening meal at 6 pm, followed by a Dharma talk by Venerable Chang Wu and will end before lunch on September 7.

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

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](http://www.haustao.ch)

**Application:** The application form should be sent by August 20 2024 to: [info@chan-bern.ch](mailto:info@chan-bern.ch) or by our website [www.chan-bern.ch](http://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.

**Bank transfer:** until August 20, 2024

PC-Konto 60-592636-0. 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



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 and Zen.

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

### Centre and direction

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.