

Introduction into Chan Meditation

with Hildi Thalmann (Chang She)

Chan-Teacher in the Tradition of Master Sheng Yen

Saturday November 16 – Monday November 18, 2024

The practice of meditation can help us to realize our psychological and spiritual potential. We learn and practice relaxation, to focus and clear our mind. This has also an impact on the body.

The introductory days provide an opportunity to familiarize ourselves with the form and content of Chan as taught in the lineage of Master Sheng Yen. We learn the basic methods of relaxation and concentration, thereby balancing body and mind. The method of sitting meditation and the various sitting positions are explained and can be practiced, as well as simple movement sequences and being mindful in silence. The simple rituals are explained. During the course, initial meditation experiences are made and reflected upon. Questions and problems with the chosen method can be discussed in individual interviews. One hour of working meditation every day. The retreat is held in silence.

We start on November 16 at 6 pm and finish on November 18 at 1 pm. Retreat language German, translation into English possible.

Venue: Haus Tao, CH-9427 Wolfhalden. Arrival and check in possible at 3 pm. The meditation center Haus Tao is located in the northeastern corner of the Appenzellerland, at only 500 m above sea level. 20 minutes by car or 30 minutes by train from St. Gallen, between Rorschach and St. Margrethen, close to the Austrian border. For more information see www.haustao.ch.

Prerequisite for acceptance to the retreat: The retreat is suitable for people who would like to familiarize themselves with Chan meditation, which deepens everyday life and gives inner freedom. Comfortable, discreet clothing.

Application: The application form and the retreat fee should be sent by November 10, 2024 to: info@chan-bern.ch or by our website www.chan-bern.ch

Retreat fee 2 days (including veg. meals, lodging in with one or two beds and dana for the teacher): CHF 250 Sponsor: CHF 290

Bank transfer until November 10, 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).

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

Retreat Teacher



Hildi Thalmann, Chang She ("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 she worked as a child neurologist, Master of Science of Religion.

Master Sheng Yen 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 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 19 participants during retreats.