

# Chan Retreat

## „Gateways to Chan“

with Hildi Thalmann (Chang She)

Chan-Teacher in the Tradition of Master Sheng Yen

Monday November 18 – Saturday November 23 2024

In the retreat entitled "Paths to Chan" we will become familiar with the Chan methods, as taught in the lineage of Master Sheng Yen. Unlike longer-term retreats the daily routine is designed a little looser and more flexible, and more instructions and explanations are given. We learn the basic techniques of relaxation and concentration to settle body and mind. Thereafter we are introduced to the methods of "Silent Illumination" (Mozhao) and Huatou. Discover which method suits you the most. We practice in sitting periods of 30 or 40 minutes, alternating with Yoga exercises and meditative walking. Dharma talks include also practical aspects of our predecessors. Questions and problems arising with the use of the chosen meditation method can be discussed in individual interviews. Daily one hour of work meditation. Continuous silence. We will start the retreat on November 18th at 6:00 p.m. and finish on November 23<sup>rd</sup> at 11:00 a.m. Retreat language is German, translation into English is possible.

**Venue:** Haus Tao, CH-9427 Wolfhalden, check in from three or clock pm onward. 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). Meditation cushions and mats are on site.

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

**Application:** The application form should be sent by November 10, 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 CHF 590, Sponsor 650** (including veg. meals, lodging in with one or two beds and dana for the teacher).

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

This retreat can be combined with the Introduction weekend Saturday 16 to Monday 18 November. The retreat fee for 7 days is CHF 790, Sponsor 860.

## 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](http://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.

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.