



# Ahimsa Trust

Mindfulness \* Community \* Education  
Initiatives



*"The mind can go in a thousand directions, but on this beautiful path, I walk in peace. With each step, the wind blows. With each step, a flower blooms."*

- Thich Nhat Hanh

30th March, 2022

Dear friends,

We hope you are keeping well.

We are delighted to announce that Ahimsa Trust is organising an online retreat on Zoom, '**Together We Are One**', from **Thursday, 14th April to Sunday, 17th April, 2022**. We have the Plum Village monastics visiting us here in India after 2 years and they have generously offered to lead this retreat along with Dharmacharya Shantum and our Ahimsa team of facilitators.

This retreat will be focussing on specific Buddhist texts which Thich Nhat Hanh has offered commentaries on. To enjoy the retreat, we would recommend reading the book 'Full Awareness of Breathing' by Thich Nhat Hanh, which is available in India.

The timings of the retreat on Zoom will be as follows. (Please note that this is Indian Standard Time).

**14th April, Thursday:**

3.30 pm to 5.30 pm - Orientation Talk

**15th April, Friday:**

6 am to 7 am - Meditation

9.30 am to 11.15 am - Dharma Talk

3.30 pm to 4.15 pm - Deep Relaxation

4.30 pm to 5.30 pm - Circle Sharing (for those who have chosen that option)

**16th April, Saturday:**

6 am to 7 am - Meditation

9.30 am to 11.15 am - Dharma Talk

3.30 pm to 4.15 pm - Touching the Earth

4.30 pm to 5.30 pm - Circle Sharing (for those who have chosen that option)

**17th April, Sunday:**

6 am to 7 am - Meditation

11 am to 12.30 pm - Question & Answer session & Closing

To register, kindly email us on [ahimsa.trust@gmail.com](mailto:ahimsa.trust@gmail.com) with the details mentioned below. Please note that all the information required below is mandatory.

1. FULL NAME
2. MOBILE NUMBER
3. POSTAL ADDRESS
4. EMAIL
5. PAN (FOR INDIAN PASSPORT HOLDERS)
6. PASSPORT DETAILS (FOR NON INDIAN PASSPORT HOLDERS)
7. WOULD YOU LIKE TO BE A PART OF CIRCLE SHARING ?
8. HOW LONG HAVE YOU BEEN PRACTICING IN THE PLUM VILLAGE TRADITION?
9. HAVE YOU TAKEN THE FIVE MINDFULNESS TRAININGS?
10. ANYTHING YOU WOULD LIKE TO SHARE ABOUT YOURSELF

The suggested donation for the retreat **“Together We Are One”** is **Rs 3500. Attending all 4 days is expected.** This donation is to cover some of the costs of the retreat that is being subsidised by the Thich Nhat Hanh Foundation and Ahimsa Trust.

You can make the donation on our website <https://ahimsatrust.org/contribute/> or use the click on the donate button on this invite.

**Donations once made, cannot be returned as per Indian Government rules.**

**Registration is open until April 10th, 2022.**

**Priority will be given to those living in India for circle sharing as limited spaces are available. Confirmation for circle sharing for those living outside of India will be only after the 10th of April.**

We look forward to welcoming you.

With warm regards,

Ahimsa Trust

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*Ahimsa is a volunteer based non-profit organisation representing Thich Nhat Hanh and his community in India; working towards bringing peace and mindfulness to various facets of society including education, the security forces and responsible tourism. [www.ahimsatrust.org](http://www.ahimsatrust.org) Ahimsa works in social development and is doing considerable Covid relief work. We are setting up a Mindfulness Practice Center (Jamun Village) in Dehradun. To contribute to Ahimsa Trust please click on the link <https://ahimsatrust.org/contribute/>*

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