

## Invitation to become founding member or donor of Suan Sompou (Sompou Gardens), practice centre focusing on Health and Mindfulness in the Plum Village tradition

This Health Center, envisioned by our Master **Thich Nhat Hanh** 30 years ago will expand on itinerant Health Retreats conducted by Sangha Sompou in Northern Thailand under the spiritual guidance of **Thây Pháp Lữ**. The main aim is to establish a space conducive for a daily practice of living and practicing Mindfulness applied in Health and Ecology, which is highly complementary to Thai Plum Village and other practice centers in our tradition.



**Thây Pháp Lữ**, a senior Dharma teacher of the Plum Village Monastery in France, and with almost 20 years of experience in conducting Health Retreats will be in charge of the daily spiritual practice. Sangha Sompou will be in charge of managing its day-to-day operations.

Practitioners will be able to take care of body and mind by practicing meditation, mindfulness, relaxation and physical exercises like gardening, hiking, tai chi, chi gong and yoga, while following an appropriate diet. These practices and teachings will help develop our awareness of the interdependence between the food we consume, our body, our mind and the environment we are living in. To preserve a healthy body and a clear mind, the center will grow its own food, applying organic agriculture and permaculture principles and offer light vegan meals.

Our center will be open to health-focused practices and activities from other spiritual traditions, entertain close links with the nearby community and support it and strictly aim at not wasting any financial and material resources.

Sompou Gardens will be located 20 km from Mae Hong Son Town, on a piece of land of more than 3 hectares which gives all possibilities for further future expansion (if needed) and ample space to conduct subsistence agriculture activities. Our land is adjacent to a small traditional village of the Shan ethnic group in a privileged geographic situation: surrounded by mountains and forests, bordering a river and offering warm climate even in winter. Thailand is one of the top touristic destinations but this particular region very near Myanmar is still highly preserved.

Our aim is to establish a simple and modest center in preserved nature all of which is very supportive to a daily practice. There will be one main building (an integrated residence and practice center) with sanitation facilities for not more than 30 practitioners. Construction will start **November 2019** using a local architectural style, employing local craftsmen using natural materials (bamboo, wood and leaf roof) and renewable energy as solar power.

Total cost for the construction of all the fully equipped facilities are projected at **23,000 Euros**, which includes buying the land for half of the total costs.

Sompou means roselle in Shan language. Roselle is an important plant in Shan cuisine and highly popular as herbal tea in Thailand and Africa.


Suan Sompou is under the process of being established as an association in Thailand. The association owns the land and practice center and operates its activities. It will publish all its finances and will be overseen by a Board of Trustees.

Become a founding member – starting with 500 Euros - you acquire the following privileges:

- ✓ Priority booking to our retreats and for joining the daily practice
- ✓ Possibility of mid- or long term stay on invitation
- ✓ Access to all activities without the need to pay an annual foundation membership fee

Become a donor, with any amount. Our intention is to provide the possibility to a high number of people to practice compassion / generosity ('dāna') and become owners of Suan Sompou, so we welcome all donations no matter how small! Please refer to [www.suansompou.weebly.com](http://www.suansompou.weebly.com) for details on how to make a donation or contact us at [suansompou@pm.me](mailto:suansompou@pm.me)

For the winter season 2019-20 we will offer 4 Health Retreats. One for young Asian people, one for experienced and fit walkers, one for the less experienced or fit, and one fasting retreat. Apart from that, we plan to organize tai chi and chi gong workshops.



Br Pháp Lữ  
20/11/2019



Bikku Thich Chan Pháp Lữ (Mr. Hoang LE VAN)  
Dharmachariar of Master Thich Nhat Hanh tradition

Marc Wetz (True Sound of Spring)  
Coordinator of Sangha Sompou