

# "Wake Up & Slim Down"

## Itinerant Health Retreat in the Plum Village Tradition

December 02 to 08, 2022, Mae Hong Son, Thailand

The Health Retreat for Young People from Asia and beyond, which takes us adventuring through the same gorgeous paths as the classic 'In Search of the Song of the Gibbon' route. A chance to have fun, heal our bodies and mind, practice mindfulness and cultivate togetherness with a small group of new friends from the region!



The theme of this retreat is « **Taking Care of Our Body and Mind** » by practicing meditation, hiking in nature, relaxation, following an appropriate diet and other to our health beneficial practices. Together as a travelling fellowship, we aim to 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, we have light, vegetarian and organic meals. At the same time we are hiking to help our body tap into accumulated reserves and renew itself during the retreat and while facing the challenges of our route. During the whole retreat, Thây Phap Lu, a senior Dharma teacher of the Plum Village Monastery in France, will be our spiritual guide.

The rhythm of our journey will be marked by teachings, sitting meditation, silent walking meditation, mindful eating and other practices that we can apply to our daily lives. We will have a sharing circle each day, giving every participant the opportunity to share with the group her/his inner state in the present moment, and to listen and support one another deeply.

Food and lodging will be provided by Karen mountain tribe families of each village (authentic homestay).

We will practice according to the teachings of our spiritual teacher Thich Nhat Hanh and all participants are invited to participate actively and observe the 5 Mindfulness Trainings.

Please visit our website [www.suansompou.weebly.com](http://www.suansompou.weebly.com) to learn more about our activities and other retreats. All participants are more than welcome to stay and practice at Suan Sompou before and after the retreat. Please refer to our website for further information which includes travel tips.

**Retreat program:**

*02 December, 17:30: welcome and logistic briefing in Mae Hong Son town, staying overnight at your hotel*

*03 December, 06:00: start of the retreat in Mae Hong Son city*

*06 December: Day without hiking. Forest bathing, being together, meeting villagers, workshops...*

*08 December, 17:30: back in Mae Hong Son city*

This retreat will be held in English. Translation into Thai is planned to be provided.



**Participation criteria:**

Participants have to be in fair physical condition, ready to walk daily a few hours and be ideally not older than 35 years old. **This retreat is open only for Young People from Asian Sanghas and beyond.**

The first two days and the last day will be rather easy, the other days a bit tougher. All participants will carry their own backpacks during the whole retreat.

As our host communities on the way have limited host capacity we **cannot accept more than 20 participants.**

Cost of the retreat for financially challenged participants: **3900 Baht**. In case you are capable to pay our **usual rate of 4900 Baht**, please do so as it does enable us to offer the promotional rate for financially challenged young friends. This amount includes the transportation costs of Thây Phap Lu and any participating monastic of Thai Plum Village, accommodation (food and lodging), transports and local guides from December 03-08. If it is more convenient for you to pay in another currency, please contact us when you register.

Whoever is not yet member of the 'Som Pou Association' is invited to add an additional **600 Baht** which does consist of its annual membership fee and will be used for the maintenance and development of our spiritual center Suan Sompou. Opportunities to practice dana/generosity will be given to the participants.

Registration by email ([sanghasompou@pm.me](mailto:sanghasompou@pm.me)) will open on 01 July 2022. No registration will be accepted before this date. Once accepted, your registration has to be validated by transferring the total participation cost and a proof of your payment, on which your participation will be confirmed.

**This retreat is organized by Sangha Sompou and is strictly non-profit oriented. Any possible 'profit' will be used for the maintenance and development of Suan Sompou (Sompou Gardens) our Practice Center.**

**Daily schedule:**

05:00-07:00 Morning practice (prostrations, massage, sitting, Dharma Talk)

08:00-16:30 Hiking meditation, relaxation, eating meditation

18:00-19:30 Evening practice (sitting, dharma sharing, being together)

**Necessary equipment:**

- Backpack for the transport of your personal items as well as food and water for the day. We strongly suggest adapting the weight of your backpack to your respective experience and possibilities. Everybody will carry his own backpack during the whole retreat. As a guideline, the weight of your backpack should not exceed 5 kg.
- Thermos or other bottle for the transport of your drinking water for the day
- Comfortable walking shoes with good, gripping soles will do for this trail. Gore-tex or other water-resistant coatings are not necessary. We will cross frequently small streams
- Pullover (polar fleece or other) for chilly mornings. During the night, temperatures can drop to below 10°C. Daytime temperatures are around 25°C to 30°C during this period of the year
- Rain and wind-stopper coat or poncho for the rainy days (extremely rare during this period)
- Hat against the subtropical sun
- Head torch
- A sleeping bag is not necessary, blankets are provided by our local hosts. However consider a sleeping bag sheet.
- Nordic walking poles are obligatory for this retreat and can be rented from us.
- First aid kit including components to deal with minor casualties (cuts, scrapes, blisters, headaches ...)
- **Very important: good mood, patience and flexibility!**

