



## THE BUDDHA'S BRAIN:

Mindfulness, community, and neurofeedback  
International *Cedres Bleus* Summer Retreat 2019

### Retreat description:

During this retreat we will work together towards reconnecting deeply with ourselves. Besides daily sessions of sitting meditation and mindful walking, movement, gardening, and eating, we will explore different tools that will assist us in accessing parts of our mind we don't usually have easy access to.

There will be practice relevant presentations on neuroscience and trauma-research, and introductions to some simple meditation and self-exploration techniques to take home with you.

Throughout the retreat there will be a well-balanced mixture of sitting and moving, learning and playing, building community and spending time on our own. We will make use of the beautiful premises allowing for short and long walks in nature. Our approach is inter-relational in that we believe that through the experience of community we nurture each other while at the same time getting to know ourselves in relationship to the other.

As a special feature this retreat is the first one in which we have neurofeedback (\*) equipment at our disposal. This allows for a neurofeedback assessment which can help us give more individualized recommendations as to what your focus during the retreat should be.

This retreat is open to everybody, from the person who has never practiced before to the long-term meditator. We will limit the number of participants to around 20 people, to ensure an intimate yet spacious experience.



**Dates:** 17<sup>nd</sup> August - 24<sup>th</sup> August 2019

**Facilitators:**

**Dat Phan** was ordained by Thich Nhat Hanh in 1998 and is a senior member of the Order of Interbeing. He disrobed and re-entered society after full-ordination. Since 2011, his work has been bringing the Buddha's contemplative practices and teaching into different domains of society: education, business, and health. He works closely with scientists, psycho-therapists, doctors, directors, and teachers to create a sense of community and co-operation to help raise more awareness in society. He is passionate about introducing an integral approach of mindfulness - depth psychology, ethics, social structure, and transcendence - inspired by the teachings of the Buddha and Zen Master Thich Nhat Hanh, and contemporaries such as The Dalai Lama, Ken Wilber and Ajahn Sulak.



He is co-founder of "*Cedres Bleus*" (Blue Cedars) in Haute Loire, a mindful living center where he also resides enjoying music, writing, poetry, playing with children, and laying in the mud like a useless turtle.

**Brother Dai Luong** is a monastic ordained by Thich Nhat Hanh. He came to Plum Village at age 20 in 2012 in order to join the 5 years program. In 2018 he received a scholarship in "human potential and personalized medicine", which allowed him to study in the United States and Canada with some of the most brilliant physicians, researchers, and clinical neuropsychologists. He feels passionate about building communities that are sustainable in an ecological, psychological, spiritual and financial way, supporting healthy human growth and creativity. He loves being part of retreats for the authenticity and vulnerability it inspires in him and in others.



**Location:**

*Les Cedres Bleus*, a mindfulness practice center, was established 2 years ago in the volcanic region of Haute Loire, France (700m altitude) by **Carole and Dat Phan-Angevin**. A place with deep contemplative roots; an old abbey that once belonged to Cistercian sisters in the 17th century. The Semene River runs through the estate with 2 acres of land for organic farming and preservation of wildlife and nature.

The center is inspired by GNH principals (Gross National Happiness of Bhutan) and provides

yearly master classes on the GNH paradigm.

About one-hour way from Lyon Saint-Exupery Airport and 30-minutes from Saint Etienne.

maisonauxcedresbleus.com

Pick-up can be arranged in Firminy upon request.



**Language:**

As this will be an international retreat, the primary language will be English with translation in French

**Fees:**

**350-euros** per person for shared room (individual room limited; inquire for fees). This includes the whole of the retreat, including teachings, accommodation, and food.

If you would like to donate to enable others to join our retreats who don't have the financial means, please contact us.

If you are in financial need and would like to request a discount, please contact us.

*(\*) The neurofeedback assessment consists of a questionnaire which you can fill out and a measurement of your EEG (electroencephalogram). The EEG shows the distribution of your brainwaves. Neurofeedback has shown repeatedly positive results in studies published in scientific journals in the United States and Canada.*