

LA DEMEURE SANS LIMITES



Riou La Selle - 07320 Saint Agrève
Tél. : 04 75 30 13 62 (*answering machine*)
www.welcome.to/lademeure

THE TEMPLE

In the tradition of Soto Zen Buddhist temples, La Demeure is a place offering the opportunity to practise Buddhist teaching and to refind oneself through silence and meditation.

Our daily schedule includes sitting meditation (*zazen*), manual work (gardening, wood) and temple chores (*samou*) - with the emphasis on careful attention to body gestures, the spoken word and one's state of mind. There are also study periods and a certain amount of free time.

Meals are strictly vegetarian; breakfast and lunch are taken in the traditional way, in the meditation hall.

General and personalised teaching is given by Joshin Sensei. Instruction is also possible for newcomers and beginners.

SCHEDULE

(for information only; it can vary according to particular needs and circumstances...).

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| 5:00 | Get up |
| 5:15 | Zazen |
| 6:00 | Ceremony |
| 6:30 | Breakfast |
| 7:15 | Samou |
| 8:00 | Zazen |
| 9:00 | Samou |

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| 11:30 | Lunch |
| 13:00 | Samou |
| 15:00 | Zazen |
| 17:30 | Dinner |
| 19:00 | Zazen (two periods of meditation, interrupted by a slow walk in the meditation hall) |
| 21:30 | Bedtime |

Wednesday is a free day. No arrivals on that day please.

THE TEACHER

Joshin Bachoux Sensei is a French woman who practised in Europe, then in Japan. She spent several years in a mountain monastery called **Zuigakuin**, where she was ordained as a monk. Later she received the Dharma transmission from her master **Moriyama Roshi**. She was asked to go back to France to start her own temple, which she did about ten years ago. She also travels in Europe and South America (Brazil, Uruguay, Argentina).

YOUR STAY AT THE TEMPLE

The temple is open from April to October every year (and for the New Year retreat). If Joshin Sensei's schedule permits, it also remains open from October to December.

You can come at any time, for the length of time of your choice. We follow the monastic rule and the daily schedule is the same all the year round.

Booking is advisable. Please inform us of your arrival at least one week in advance (two weeks' notice is essential in July and August). Accommodation is limited, we can only accept a maximum of 25 visitors at a time.

N.B.

Please note, the temple is situated in the mountains, near the Massif Central. It is often cold, even in summer. Please bring warm clothing (including work clothes and outdoor shoes) and a sleeping bag if possible.

For the meditation hall

Please bring one set of clothing reserved for meditation only. Any loose, dark, comfortable clothes will be fine. Long sleeves are obligatory.

The Library

There is a library at La Demeure. We recommend you only bring with you books dealing with the Buddhist Way.

DONATIONS

200 FF per day - 1 week 1200 FF - 2 weeks 2200 FF - 1 month 3500 FF

Tariff for longer stays available on request.

Cheques should be made payable to: L'Association L'ARBRE DE L'EVEIL

HOW TO GET HERE

By train to VALENCE or SAINT-ETIENNE CHATEAUCREUX, then by bus to Saint Agrève (2 hours). For bus timetables, please phone:

- Valence Bus Station - 04 75 81 23 25
- CHAZOT Buses at Saint Etienne - 04 77 25 97 79

From Saint Agrève you can either walk to La Demeure (approximately 1 hour's walk) or take a taxi.

Our answering machine is switched on permanently.
For any other information about the temple, please leave a message
or write to us, and we will reply by post.
Please send a stamped addressed envelope for your reply.

"With no-mind, blossoms invite the butterfly;
With no-mind, the butterfly visits the blossoms.
When the flower blooms, the butterfly comes;
When the butterfly comes, the flower blooms."

Ryokan