Thich Nhat Hanh Sangha Basel

Wednesday mornings (english):

6.45am	*door opening*
7:00am - 7:10am	welcoming
7:10am - 7:40am	sitting meditation
7:40am - 7:50am	walking meditation
7:50am - 8:00am	pause
8:00am - 8:40am	Dharma reading or mindfulness exercice, sharing
8:40am - 8:55am	singing or guided meditation, deep relaxation, Qigong

Contact for english Sangha:

Sophie Lefèvre sophie.lefèvre@bluewin.ch
Felicity Jamieson felicity.jamieson@gmail.com

Sunday evenings (german):

6:45pm - 7:00pm	*door opening*
7:00pm - 7:30pm	sitting meditation
7:30pm - 7:45pm	walking meditation
7:45pm - 8:30pm	Dharma reading (by Thich Nhat Hanh), sharing
8:30pm - 8:40pm	move
8:40pm - 9.00pm	sitting meditation

Contact for german Sangha:

marcnzl@web.de

The meditations start on time. We therefore **arrive 10 minutes beforehand if possible**. We enter and leave the meditation room in silence. A voluntary contribution of 5 CHF per time is welcome to cover expenses (especially room rent).

Any excesses are donated to PlumVillage. **We meet every Wednesday morning and Sunday evening except during school holidays (BS) at Ramsteinerstrasse 16 (in the back yard) 4052 Basel.**

peace in oneself peace in the world
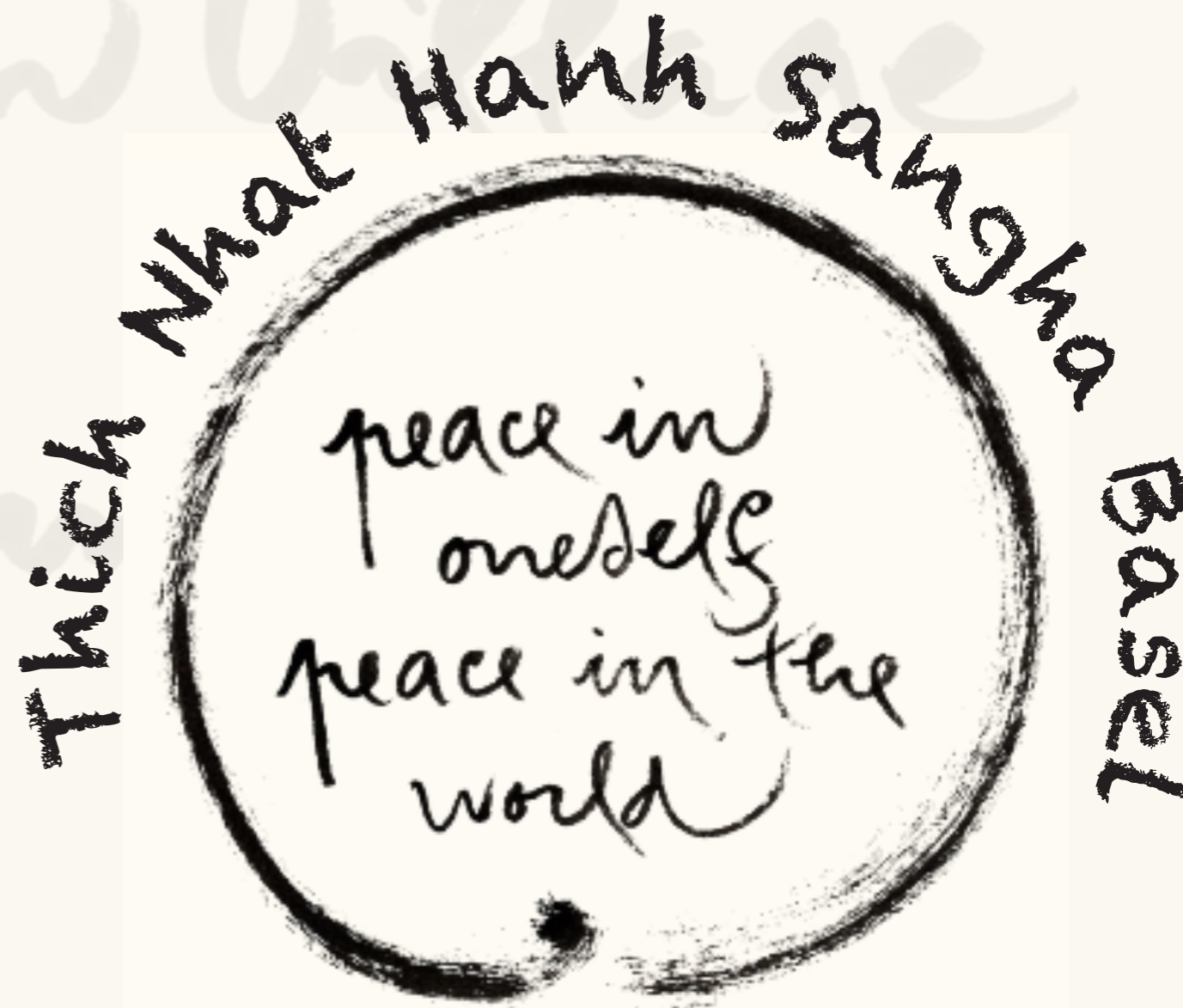
Thich Nhat Hanh Sangha Basel
For those interested or new

Our meditation practice in short:

In sitting meditations we conciously follow our breath, mindful of the present moment. When thoughts or feelings come up, we notice them, let them go, and return to our breath and body awareness. In walking meditation, we are conciously aware of our body as we walk. We connect every in-breath and every out-breath to our steps.

MEDITATIONS
ON SUNDAYS
AND
WEDNESDAYS

For more detailed information of our timetable, look at the back page of this flyer.

Identity and community

We practice meditation and mindfulness together according to the teachings of Thich Nhat Hanh in order to live a life with more mindfulness, joy, awareness, and responsibility for humanity and nature. Further information about the roots and foundations of our sangha can be found at:

www.plumvillage.org (english)
www.eiab.eu (german)

As a lay sangha, we form a community of regular practitioners. We meet every Wednesday morning (english) and every Sunday evening (german). The meetings are led by teams that take turns. Participation on Wednesday mornings and Sunday evenings is open to everyone interested without any further obligations. Regular practitioners can become members of the sangha and familiarize themselves with our practice and community.

The transitions / bells

Bells invite us to pause and connect with the breath and the present moment. The large bell is invited to signal the beginning and end of a sequence. The bell is called three times at the beginning of a sequence and once at the end. The small bell is invited to signal that the body position is changing: that we stand up, align ourselves to walk, start walking, finish it, sit down again. At the end of the evening we bow once to each other after the small bell in appreciation of the group and as thank you for each other's support on our journey, then also once to Buddha.

On the importance of sharing

Mindful sharing of own experiences and deep listening are an important part of our practice. We primarily report on personal experiences, not theories. We bow in before speaking and practice loving and compassionate speech. Naming things and making them public also serves to increase one's awareness. While the others listen carefully and non-judgementally, we will not discuss the content or give advice to others. We ensure each other that this sharing happens mindfully, and we adhere to the following ritual:

Anyone who wants to get involved bows in briefly. Everyone else bows as a sign of that they're willing to listen carefully. After completing their contribution, the speaker bows first, then the group.

Further activities of our Sangha

To strenghten our mindfulness practice in everyday life, we carry out other activities throughout the year, such as mindfulness days, video evenings, hiking trips, multi-day retreats (accension) and eating together. Those intrested can access the adress list.

Following the traditions of:

Plum Village