

INTERNATIONAL CONFERENCE

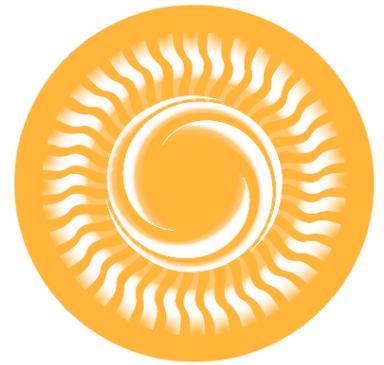
# HUMANISM & MINDFULNESS

AN EDUCATION FOR THE XXI<sup>ST</sup> CENTURY

**2015 - September 11, 12 et 13th**

Open Mindfulness Institute  
Ecosite d'Avalon - Savoie - France

[www.humanisme-mindfulness.net](http://www.humanisme-mindfulness.net)



## PROGRAMME BOOKLET



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# I - SPIRIT AND PURPOSE OF THE CONFERENCE

Spreading from ancient contemplative sciences, Mindfulness stands at the heart of Buddha's teaching. Today, validation of its positive effects in body and mind and its numerous societal applications bring new perspectives in the fields of sciences, health, education and the global issue of living together harmoniously.

This interdisciplinary Conference brings together scientists, scholars, teachers and contemplatives. It aims at sharing Mindfulness experience from its origins, considering how it is growing now in our present context. We wish to envision together how authentic Mindfulness training may be integrated in our humanist heritage and education at all stages of life; how it is worked out at school, in the health fields, at work and professional training; how Mindfulness could be a source of transformation facing the global ecological challenges of our time.

## Contemplative Neurosciences

Contemplative sciences and modern cognitive sciences give birth to one of the most important field of research for the future. Their developments introduce the study of the subject of human experience from a first person perspective in cognitive and neurosciences, that is to say the quest for the knowledge of oneself and what we are essentially, that which Francisco Varela, initiator, with the Dalaï lama, of the Mind and life Institute, describes as *embodied cognitive sciences*. From this innovative approach came out the contemplative neurosciences, a transdisciplinary field of researches present in American universities and European research centres as the French INSERM and CNRS, the German Max Planck Institute, the King's College in London, etc...

## Relieving suffering and improving health

More importantly, those researches, together with Mindfulness training, may reinforce our capacity to relieve suffering, enhance health and mental sanity, harmonise cognitive/emotional process and renew the basis or humanist ethics for living together harmoniously.

## Toward a integral humanism

The roots of humanistic tradition as well as the experience of Mindfulness are universal. They share common ethical views and have a lot to learn from each other. They could mutually generate an integral humanism addressing the whole human

experience: body, speech and mind. This Conference aims at reviving the fire of a heartfelt humanism as suggested for example by the French philosopher Edgar Morin in «Seven complex lessons in education for the future». We will consider how to integrate Mindfulness in a systemic education including deep ecology as proposed by Pierre Rabhi with Terre et Humanisme and Colibris networks.

## Contemplative and transformative education

As it is presented in the opening keynote of the International Symposium for Contemplative Studies, organized by the Mind and Life Institute: “Both the contemplative and transformative fields of education are concerned with systemic positive change in education.” Contemplative education integrates practices that promote self-reflection, compassion, and an ability to become more aware of one’s perceptions and actions. The contemplative focuses on the “inner” dimension of being and works forward an integration of the inner and outer fields. The transformative education field seeks to develop the social skills and ethical dispositions necessary to support effective participation in a just and fair democracy for all citizens. These two approaches are complementary.

## Rimay : an open vision of unity in diversity

This Conference follows the Rimay dynamics for transdisciplinary researches inspired by Denys Rinpoche transmission, dialogue and translation activities. It is based on a vision of unity in diversity (*in varietate concordia*). “Unity” refers to the basis of contemplative experience transcending names and forms, and “diversity” relates to various expressions of this common experience adapted to diverse sociolinguistic contexts, sensibilities and motivations.

## II - WHAT IS MINDFULNESS ?

### A natural and universal experience

“Mindfulness” expresses a quality of present-centered and open attention, being present in a non-judgmental and global experience of the sensuous field. It is a natural and universal experience.

Mindfulness training is not a religious practice since it does not suppose any specific belief or adhesion to a dogma of any kind. In this regard, it is a “secular practice”. Its philosophical background could be qualified as “humanist”.

### “Mindfulness”: A generic translation

The English term “Mindfulness” has been translated in French by “pleine conscience” or “pleine presence”. Those terms are rough translations of the original words issued from the contemplative Buddhist tradition: “sati” in Pâli language, “smirti” in Sanskrit, “drenpa” in Tibetan. Those expressions indicate a quality of open presence and attention; there are connected to various levels of experiences of “Shamatha” (mindfulness, mental calm and stability) and “Vipashyanâ” (awareness, insight and deep understanding of the nature of experience).

### Inherent qualities for education

Generation of practitioners and today science have confirmed the positive effects of Mindfulness in body and mind. All the qualities of Mindfulness experience are conditions for a good education process: attention, lucidity, sensitivity, receptiveness, perseverance, openness, etc. Mindfulness training is naturally associated to ethics of non-violence and harmony and to the development of compassion and empathy.

### Different level of Experience

The practice spreading in the West nowadays known as “Mindfulness” is an essential yet limited part of the very rich corpus of traditional contemplative sciences. It is part of a wide scale of different levels of deep experiences revealing the nature of mind, cognition modes and different modalities of consciousness up to its own liberation through the realisation of the nature of mind.

# III - FORMAT AND MAIN TOPICS OF THE CONFERENCE

The program present five main topics :

## 1. Friday afternoon

### **HUMANISM & MINDFULNESS, THE DAWN OF A NEW CULTURE ?**

How the meeting of our humanistic heritage and Mindfulness could bring forward an integral humanism including all dimensions of human experience: body, speech and mind ?

## 2. Saturday morning

**CONSCIOUSNESS, MINDFULNESS AND EDUCATION** : “Education aims at human happiness” (Aristotle). Why and how Mindfulness could be included in the classical western education programs (humanities) designed to educate human consciousness (linguistics, ethics, social and political fields, etc.)? Could this integration of Mindfulness be a source of renewal for a contemplative and transformative education at all ages of human life?

## 3. Saturday afternoon

**CONTEMPLATIVE NEUROSCIENCES** : What are the new perspectives given by scientific researches and discoveries concerning relationships between human brain functions, mind, body and human experience in general ?

## 4. Sunday morning

**MINDFULNESS WITH CHILDREN** : Innovative experiences and know how; what resources and obstacles for the development of Mindfulness at school ?

**MINDFULNESS AT WORK** : Management, economic peace and stress reduction.

## 5. Sunday afternoon

### **GLOBAL CRISIS AND MINDFULNESS : A CHALLENGE FOR EDUCATION**

The main ecological, social and educative challenges.

Those themes will be discussed in seven plenary sessions including a keynote speech and a panel of contributors. Each one of them will present their vision, which will be developed during various workshops. This will be followed by an exchange. Plenary sessions are followed by workshop sessions with the contributors in small groups. The workshop sessions are all at the same time, in different locations. Participants can choose which one they want to attend.

In the evening, two concerts with contemporary and medieval music will be offered.

**NB :**

- > During the breaks, there will be a projection of two movies in the “rainbow tent” :
  - *Francisco Cisco Pancho* (interview with Francisco Varela), realisation Franz Reichle
  - *L'abécédaire d'Edgar Morin*, interview, realisation Alain Siciliano
- > A Mindfulness workshop is proposed during every workshop sessions as well as every morning from 7:00 to 8:00.
- > Saturday 17h45 : vajra dance workshop, Mindfulness in movement in the Vajra temple.
- > At night, 22h30 : Mindfulness and music workshop is proposed at the Dhüni.

# IV - DAILY PROGRAMME

## FRIDAY AFTERNOON : 16:00 - OPENING CONFERENCE

### HUMANISM & MINDFULNESS, THE DAWN OF A NEW PARADIGM ?

*Toward an integral humanism based on secular ethic and addressing the person as a whole: body, speech and mind*

<p>FRIDAY</p> <p></p> <p>16:00</p> <p>PLENARY 1</p>	<p> Chapiteau Belledonne</p> <p> Denys Rinpoché Edgar Morin Michel Bitbol Nelson Vallejo Gomez Baudouin Decharneux Claire Petitmengin Antoine Lutz Jean-Philippe Lachaux</p>	<h3>HUMANISM &amp; MINDFULNESS, THE DAWN OF A NEW PARADIGM?</h3> <p> 16:00 - Welcome speech - <b>Denys Rinpoché</b> - <b>Keynote speech - Edgar Morin -</b></p> <p> 16:40 - Presentation of the workshop SESSIONS</p> <p> 17:55 - Discussion</p>
<p>18:15</p>	<p>BREAK</p>	
<p></p> <p>18:30</p> <p>WORKSHOP SESSIONS</p>	<p> Maison de la Sagesse</p> <p> Denys Rinpoché</p> <p> Chapiteau Belledonne</p> <p> Nelson Vallejo Gomez</p> <p> Tente Belle étoile</p> <p> Baudouin Decharneux</p> <p> Salle Shédra - chartreuse 3e étage</p> <p> Michel Bitbol</p>	<p>DISCOVERING THE TASTE OF MINDFULNESS</p> <p>SEVEN COMPLEX LESSONS ON EDUCATION FOR THE FUTURE</p> <p>HOW HUMANISM CONTRIBUTED TO A TOLERANT UNDERSTANDING OF THE RELIGIOUS FIELD, AND THE RAISING OF FREEDOM OF CONSCIOUSNESS</p> <p>CONTEMPLATIVE NEUROSCIENCES : A CONTEMPLATIVE VIEW ON CONTEMPLATIVE NEUROSCIENCES</p>

 <b>FRIDAY</b> <b>18:30</b> <b>WORKSHOP SESSIONS</b>	 Temple Vajra - chartreuse 2e étage  Antoine Lutz	<b>IMPACTS OF MEDITATION ON BODY AND BRAIN</b>
	 Salle Dojo - chartreuse 3e étage  Jean-Philippe Lachaux	<b>NEURONAL PRINCIPLES OF MINDFULNESS FROM WHAT WE LEARN FROM NEUROSCIENCES ABOUT MINDFULNESS</b>
	 Grand Temple - chartreuse  Claire Petitmengin	<b>PHENOMENOLOGY OF CONTEMPLATIVE EXPERIENCE</b>
<b>19:15</b>	<b>BREAK</b>	
<b>ACTIVITIES</b>	 Tente Arc-en-ciel	<b>FILM : ABÉCÉDAIRE D'EDGAR MORIN</b>
	 Tente Pleine Présence  Stéphanie Debeauvais	<b>MINDFULNESS PRACTICE</b>
<b>20:00</b>	<b>DINER</b>	
 <b>21:00</b>	 Outside  Ghislain Foulon Shintaï jonglothéâtre	<b>FIRE PERFORMANCE</b>
 <b>21:15</b>	 Chapiteau Belledonne  David Hykes	<b>CONCERT AND HARMONIC CHANTS: MUSICAL SPHERE OF BEING</b>
 <b>22:30</b>	 Extérieur - Dhûni  Mathilde Descour Sam Olwein Martin Dubois	<b>MINDFULNESS &amp; MUSIC</b>

## SATURDAY MORNING

### CONSCIOUSNESS, MINDFULNESS AND EDUCATION

*“Education aims at human happiness” (Aristotle) ;*

*why and how Mindfulness could be included in the classical western education programs (humanities) designed to educate human consciousness (linguistic, ethical, social and political fields etc.) ?*

*Could this integration of Mindfulness be a source of renewal for a contemplative and transformative education at all ages of human life?*

<b>SATURDAY</b>  <b>07:00</b>	 <b>Maison de la Sagesse</b>  <b>Gil Plazas</b>	<b>OPEN MINDFULNESS : GUIDED PRACTICE</b>
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**08H00 BREAKFAST**

 <b>09:00</b> <b>PLENARY 2</b>	 <b>Chapiteau Belledonne</b>  <b>Edgar Morin</b> <b>Eline Snel</b> <b>Denys Rinpoché</b> <b>Baudouin Decharneux</b> <b>Nelson Vallejo Gomez</b> <b>Vincent Paré</b> <b>Emmanuelle Le Barbenchon</b> <b>Marie-Laure Weiser</b> <b>Rose Gonfond</b> <b>Bastien Isabelle</b> <b>Maurizio Russo</b>	<b>CONSCIOUSNESS, MINDFULNESS AND EDUCATION</b>  <b>09:00</b> <ul style="list-style-type: none"><li>• <b>Keynote - Edgar Morin -</b></li></ul>  <b>09:20</b> <ul style="list-style-type: none"><li>• <b>Panel presentation of the workshop sessions</b></li></ul>  <b>10:30</b> <ul style="list-style-type: none"><li>• <b>Discussion</b></li></ul>
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**11:00 BREAK**

SATURDAY



11:30

WORKSHOP SESSIONS



Tente Pleine Présence



Eline Snel

'MINDFULNESS MATTERS', A TRAINING METHOD FOR CHILDREN, PARENTS AND TRAINERS



Maison de la Sagesse



Denys Rinpoché

OPEN COMPASSION MINDFULNESS TRAINING: PRESENTATION OF THE OMC (OPENNESS-MINDFULNESS-COMPASSION) TRAINING



Grand Temple -  
chartreuse



Nelson Vallejo Gomez

SEVEN COMPLEX LESSONS ON EDUCATION FOR THE FUTURE



Temple Vajra -  
chartreuse 2e étage



Baudouin Decharneux

HOW HUMANISM CONTRIBUTED TO A TOLERANT UNDERSTANDING OF THE RELIGIOUS FIELD, AND THE RAISING OF FREEDOM OF CONSCIOUSNESS



Salle Shédra -  
chartreuse 3e étage



Vincent Paré

MINDFULNESS AT SCHOOL: UTOPIA OR REAL CHALLENGE?



Salle Dojo -  
chartreuse 3e étage



Emmanuelle Le  
Barbenchon

SCIENTIFIC EVALUATION OF MEDITATION AT SCHOOL



Tente Chamois



Christophe Laurens

LIVING LIKE AN MOUNTAIN



Tente Chouette



Rose Gonfond

FEEDBACK FROM MINDFULNESS EXPERIENCES AT SCHOOL



 <b>SATURDAY</b> <b>11:30</b> <b>WORKSHOP SESSIONS</b>	 Extérieur - Dhûni  Bastien Isabelle	<b>THE SCOUTS, A CHANCE FOR MINDFULNESS PRACTICE</b>
	 Tente Arc en Ciel  Maurizio Russo	<b>AWAKENING OF MINDFULNESS THROUGH BODY AND NATURE - LAND ART EXPERIENCES : ATB (AWARENESS THROUGH THE BODY)</b>

12:30 LUNCH

## SATURDAY AFTERNOON

### CONTEMPLATIVES NEUROSCIENCES :

*New perspectives of knowledge on human brain, mind and experience: Researches, Discoveries & Applications*

 <b>14H15</b> <b>PLENARY 3</b>	 Chapiteau Belledonne  Claire Petitmengin Denys Rinpoché Elena Antonova Michel Bitbol Emmanuelle Le Barbenchon Arnaud Carré Maria Teresa Miro Dominique Eraud Lorraine Gaultier Marie Ange Pratili	<b>CONTEMPLATIVES NEUROSCIENCES : RESEARCHES, DISCOVERIES &amp; APPLICATIONS</b>  14:15 <ul style="list-style-type: none"> <li>• Introduction - <b>Claire Petitmengin</b> <b>Denys Rinpoché</b> -</li> </ul>  15:00 <ul style="list-style-type: none"> <li>• Presentation of the workshop sessions</li> </ul>  16:15 <ul style="list-style-type: none"> <li>• Discussion</li> </ul>
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16:30 BREAK

SATURDAY



16:45

WORKSHOP SESSIONS



Maison de la Sagesse  
Denys Rinpoché

EMBODIED CONTEMPLATIVE SCIENCE



Tente Arc-en-ciel

FILM: FRANCISCO CISCO PANCHO  
(INTERVIEW WITH FRANCISCO VARELA)



Temple Vajra -  
chartreuse 2e étage  
Elena Antonova

MINDFUL ATTENTION AND SENSORY  
INFORMATION PROCESSING



Grand Temple -  
chartreuse  
Michel Bitbol

CONTEMPLATIVE NEUROSCIENCES: A  
CONTEMPLATIVE VIEW ON NEUROSCIENCES



Salle Shédra -  
chartreuse 3e étage  
Arnaud Carré

MINDFULNESS PERSPECTIVES IN PUBLIC  
HEALTH



Salle Dojo -  
chartreuse 3e étage  
Maria Teresa Miro

MINDFULNESS APPLICATIONS IN  
PSYCHOLOGICAL TREATMENTS: TWO  
SPECIAL CASES



Tente Chouette  
Dominique Eraud

INTÉGRATIVE MÉDECINE



Tente Belle étoile  
Lorraine Gaultier

PSYCHIATRY, PSYCHOANALYSIS AND  
MEDITATION



 <b>SATURDAY</b> <b>16:45</b> <b>WORKSHOP SESSIONS</b>	 Tente Chamois  Marie Ange Pratili	HOW MINDFULNESS CAME IN HOSPITAL
	 Tente Pleine Présence  Stéphanie Debeauvais	OPEN MINDFULNESS : INTRODUCTION AND PRACTICE
<b>17:45</b>	<b>BREAK</b>	
 <b>18:00</b> <b>ACTIVITIES</b>	 Tente Arc-en-ciel	FILM : ABÉCÉDAIRE D'EDGAR MORIN
	 Temple Vajra - chartreuse 2e étage  Lorraine Gaultier	VAJRA DANCE, FOR THE BENEFIT OF SENTIENT BEINGS
	 Tente Pleine Présence  Bruno Rebreyend	OPEN MINDFULNESS : GUIDED PRACTICE
<b>19:30</b>	<b>DINER</b>	
 <b>21:00</b>	 Chapiteau Belledonne  Laurent Tixier	MUSICAL CONFERENCE: CABALUS : STORY OF THE RISING KNIGHTS - TRADITIONAL MUSIC FROM THE XV <sup>TH</sup> TO XVIII <sup>TH</sup> CENTURY
 <b>22:30</b>	 Extérieur - Dhûni  Mathilde Descour  Sam Olwein  Martin Dubois	MUSICAL MINDFULNESS : LISTEN THE SILENCE FROM WHERE THE MUSIC SPREAD

## SUNDAY MORNING- 1ST SESSION

### MINDFULNESS WITH CHILDREN: INNOVATIVE EXPERIENCES AND KNOWHOW: RESOURCES AND OBSTACLES

<p>SUNDAY</p>  <p>07:00</p>	 <p>Maison de la sagesse</p>  <p>Isabelle Capin</p>	<p>OPEN MINDFULNESS : GUIDED PRACTICE</p>
<p>08:00</p>	<p>BREAKFAST</p>	
 <p>09:00</p> <p>PLENARY 4</p>	 <p>Chapiteau Belledonne</p>  <p>Vincent Paré Catherine Lannoy Laurence Gaspary Nathalie Bourgeois Bastien Isabelle Maria Lisa Guidi Maurizio Russo Elisa Garine Rimbaud Candice Marro</p>	<p>MINDFULNESS WITH CHILDREN</p> <p> 09:00</p> <ul style="list-style-type: none"><li>• Introduction - <b>Eline Snel</b> -</li></ul> <p> 09:20</p> <ul style="list-style-type: none"><li>• Panel presentation of the sessions</li></ul> <p> 10:15</p> <ul style="list-style-type: none"><li>• Echanges</li></ul>
 <p>10:30</p> <p>WORKSHOP SESSIONS</p>	 <p>Maison de la Sagesse</p>  <p>Eline Snel</p>  <p>Temple Vajra - chartreuse 2e étage</p>  <p>Catherine Lannoy</p>  <p>Salle Shédra - chartreuse 3e étage</p>  <p>Laurence de Gaspary</p>	<p>FACILITATING FACTORS FOR IMPLEMENTATION OF MINDFULNESS AT SCHOOL</p> <p>HAPPY TEACHERS WILL CHANGE THE WORLD</p> <p>CHILDHOOD AND ATTENTION</p>



SUNDAY

10:30

WORKSHOP SESSIONS



Grand Temple -  
chartreuse



Vincent Paré

**MINDFULNESS AT SCHOOL: UTOPIA OR  
REAL CHALLENGE?**



Salle Dojo -  
chartreuse 3e étage



Nathalie Bourgeois

**MINDFULNESS EMBODIED BY TEACHERS AT  
SCHOOL: RESSOURCES AND OBSTACLES**



Extérieur - Dhûni



Bastien Isabelle

**SCOUTS : A CHANCE FOR MINDFULNESS**



Tente Chamois



Christophe Laurens

**LIVING LIKE AN MOUNTAIN**



Extérieur -  
Arbre de sagesse



Maurizio Russo

**LAND ART - MINDFULNESS AND  
CREATIVITY IN LANDSCAPE  
WORKING WITH SPACE AND FORMS**



Tente Belle étoile



Maria Lisa Guidi  
Smain Bagdad

**MINDFULNESS & MONTESSORI PEDAGOGY**



Tente Chouette



Candice Marro

**PEACE MINDFULNESS PROGRAM  
(PRACTICING PRÉSENCE, HEARING,  
ATTENTION AND CONCENTRATION IN  
TEACHING) AT SCHOOL**



Tente Pleine Présence



Jean-Claude Chaise

**OPEN MINDFULNESS : INTRODUCTION  
AND PRACTICE**

11:15

**BREAK**

## SUNDAY MORNING - 2ND SESSION

### MINDFULNESS AT WORK

*Management, economic peace and stress reduction*

<p>SUNDAY</p> <p></p> <p>11:30</p> <p>PLENARY 5</p>	<p> Chapiteau Belledonne</p> <p> Véronique Sichem Frédéric Bosqué Olivier Dubigeon Christian Le Mellec Geneviève Bouchez Wilson Dominique Steiler Yves Mathieu Bénédicte Gendron</p>	<h4>MINDFULNESS AT WORK</h4> <ul style="list-style-type: none"><li> 11:30 • Introduction</li><li> 11:50 • Panel presentation of the workshop sessions</li><li> 12:30 • Discussion</li><li> 12:45 • Exchanges, moderator: Yves Mathieu</li></ul>
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13:15 LUNCH

## SUNDAY AFTERNOON

### GLOBAL CRISIS AND MINDFULNESS

*Big ecological and social challenges, implication in education*

<p></p> <p>14:30</p> <p>PLENARY 6</p>	<p> Chapiteau Belledonne</p> <p> Patrick Viveret Denys Rinpoché Nelson Vallejo Gomez Marc-Henri Deroche Emmanuelle Le Barbenchon Frédéric Bosqué Marc de la Ménardière Roland Gérard Quentin Julien Amandine Dupraz Christophe Laurens</p>	<h4>GLOBAL CRISIS AND MINDFULNESS</h4> <ul style="list-style-type: none"><li> 14:30 • Introduction - <b>Patrick Viveret</b> -</li><li> 14:50 • Panel presentation of the workshop sessions</li><li> 15:50 • Discussion</li></ul>
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SUNDAY



16:30

WORKSHOP SESSIONS



Grand Temple -  
chartreuse



Nelson Vallejo Gomez

SEVEN COMPLEX LESSONS IN EDUCATION  
FOR THE FUTURE



Temple Vajra -  
chartreuse 2e étage



Marc-Henri Deroche

WISDOM FOR THE XXI<sup>ST</sup> CENTURY?  
PERSPECTIVES FROM KYOTO



Salle Dojo -  
chartreuse 3e étage



Emmanuelle Le  
Barbenchon

IMPACT OF THE MEDITATION ON SOCIAL  
BEHAVIOURS (ALTRUISM AND AGGRESSION)



Maison de la Sagesse



Frédéric Bosqué

MINDFULNESS AND SOCIAL ENGAGEMENT



Tente Arc-en-ciel



Marc de la Ménardière

FILM «EN QUÊTE DE SENS» (1H27)



Tente Belle étoile



Roland Gérard

ENVIRONMENT AND SUSTAINABLE  
DEVELOPMENT EDUCATION



Tente Chamois



Christophe Laurens

LIVING LIKE A MOUNTAIN



Salle Shédra -  
chartreuse 3e étage



Amandine Dupraz  
Quentin Julien

TOWARD AN ECOLOGY OF ATTENTION ?  
INDIVIDUAL AND COLLECTIVE IMPLICATIONS



SUNDAY



16:30



Tente Pleine Présence



Véronique Sichem

OPEN MINDFULNESS INTRODUCTION AND PRACTICE

17H45 PAUSE



18:00

PLENARY 7



Chapiteau Belledonne

## SYNTHESIS AND CONCLUSION

Moderators and contributors

### HARMONIC MEETING WITH DAVID HYKES

The Harmonic Meeting is a public sound mandala creation David Hykes has led over the past 30 years with groups of which the largest was 800,000 people, for the Peace Rally in New York's Central Park, which included Orson Welles, Richard Gere, James Taylor and other artists. He also led a Harmonic Meeting with 4,000 people during a special Harmonia Mundi conference evening in California with His Holiness the Dalai Lama, when his Nobel Prize award was announced, and has led them world-wide ever since.

19:00 END OF THE MEETING

# V - CONTRIBUTORS

## Sciences & philosophy



**Edgar Morin :**

Emeritus Director of Research at the French National Center for Research (CNRS), Ancient WWII resistant, visionary Humanist, Edgar Morin has been awarded an honorary doctorate by several universities throughout the world.



**Denys Rinpoché :**

Spiritual heir of on the main lineage of the Tibetan Buddhism received from his Master Kalu Rangjung Kunkhyab (1904-1989), spiritual director of the Rimay Community.

[www.openmindfulness.net](http://www.openmindfulness.net)



**Michel Bitbol :**

PhD, Director of Research at Centre National de la Recherche Scientifique Paris, Member of the Archives Husserl at Ecole Normale Supérieure, Paris.



**Patrick Viveret :**

Philosopher, engaged humanist, former Chief Advisor to the French Court of Auditors (Cour des Comptes).



**Baudouin Decharneux :**

Director of Research FRS-FNRS, ULB Professor - Membre of Belgium Royal Academy, Bruxelles University, Philosophy, ethics and religious science department, Centre Interdisciplinaire d'Etudes des Religions et de la Laïcité (CIER).



**Claire Petitmengin :**

Professor at the Institute Mines-Télécom, associate researcher at the Archives Husserl, Ecole Normale Supérieure, Paris.

[www.clairepetitmengin.fr](http://www.clairepetitmengin.fr)



**Antoine Lutz :**

PhD, Tenured Research Scientist at the Lyon Neuroscience Research Center at the Lyon Neuroscience Research Center (CNRL), INSERM, France. He did his PhD in cognitive sciences in Paris, France with Francisco Varela and his postdoctoral work with Richard Davidson, at the University of Madison-Wisconsin.



**Elena Antonova :**

Elena Antonova is a Lecturer at the Institute of Psychiatry, King's College London, UK. Her main research interest is in the neuroscience of mindfulness with the application to the prevention, management, and treatment of psychosis and schizophrenia.



**Jean-Philippe Lachaux :**

Research Director at INSERM (French National Institute of Health and Medical Research), he works at the Lyon Neurosciences Research Centre.



**Emmanuelle Le Barbenchon :**

Professor of Psychology, in charge of Master 2 Professional Preventive Psychology, research consultation unit ABISA (Activités Bien-être et SAnté) LIP - Savoie University.



**Arnaud Carré :**

PhD. psychology, MSc in Neuropsychology, Assistant Professor and lecturer at Savoie Mont Blanc University.



**Marc-Henri Deroche :**

Assistant Professor at Kyoto University, HaAbuki Centre for Advanced Research and Faculty of Arts, Buddhist Studies Department.



**Maria Teresa Miro :**

María Teresa Miró earned degrees in psychology from La Universidad de Valencia (Spain) and from The Pennsylvania State University (USA) and has worked as tenured professor of psychological treatments at La Universidad de La Laguna (Tenerife, Spain) since 1992.



**Dominique Eraud :**

Physician, acupuncturist, physiotherapist and nutritionist.  
*[www.solidarite-homeopathie.org](http://www.solidarite-homeopathie.org)*



**Lorraine Gaultier :**

Psychiatrist, psychoanalyst, meeting with Dharma since 20 years has influenced her practice in various institutions. In particular, in La Lironde clinic (about which Lacan said « délirons-là » i.e. be delirious here) with teenagers and psychotics.



**Marie-Ange Prati :**

Physician , oncologist, MBSR Instructor.

## Education



**Nelson Vallejo Gomez :**

School Teaching General Direction, information and valorisation department. Franco-colombian philosopher, open to cultural diversity and to the vision of global human identity. Close to Edgar Morin.

[www.nelsonvallejogomez.org](http://www.nelsonvallejogomez.org)



**Eline Snel :**

President and founder of AMT - Academy for Mindful Teaching - author of *Sitting still like a frog*.

[www.elinesnel.com](http://www.elinesnel.com)



**Vincent Paré :**

French National Education Inspector, working on humanist cultural heritage in national education programs.



**Marie-Laure Wieser :**

*Director of the Spring of Education (« Le Printemps de l'Education ») a national secular network of organisations and individuals working for a renewal of education.*

[www.printemps-education.org](http://www.printemps-education.org)



**Laurence de Gaspary :**

Committed to the development of Mindfulness in the education of children. She leads a schools project in Paris with the « Enfance et Attention » association.



**Rose Gonfond :**

School teacher, trained in Eline Snel “Mindfulness matters” method. She set up and leads mindfulness programs in nursery and primary school.



**Catherine Lannoy :**

Co-founder of the « Happy attention » association to promote Mindfulness among children, teenagers, parents and teachers. Trained in Mindfulness at the Université Libre in Brussels, Belgium.  
[www.happyattention.org](http://www.happyattention.org)



**Nathalie Bourgeois :**

Coach and school teacher trainer in Belgium.  
[www.losmose.be](http://www.losmose.be)



**Véronique Sichem :**

Education consultant, psychotherapist (CEP), and civil family courts expert in Belgium. As an adult trainer, she regularly leads OMT sessions in Brussels (8 cyclical sessions planned according to the OMT protocol). She is also member of the teaching team and scientific council of the Open Mindfulness Institute.



**Christophe Laurens :**

Architect, landscape architect, coordinator of DSAA urbaine alternatives (Diplôme Supérieur d'Arts Appliqués) de Vitry/Seine, administrator of the Printemps de l'éducation.



**Bastien Isabelle :**

*Président of the Nature scouts (Mindfulness scouts, Éclaireurs de la Nature).*  
[www.edln.org](http://www.edln.org)



**Roland Gerard :**

*Co-director et cofondator of the Networks : Ecole et Nature (REN), Éducation à l'Environnement vers un Développement Durable (CFEEDD),*  
[www.reseaucoleetnature.org](http://www.reseaucoleetnature.org)



**Candice Maro :**

President of the association A.M.E (Association pour la Méditation dans l'Enseignement), initiator of the Peace programme (Pratique de la Présence, l'Ecoute, l'Attention et de la Concentration dans l'Enseignement) in schools.

*[www.meditation-enseignement.com](http://www.meditation-enseignement.com)*



**Elisa Garine Rimbaud :**

Trained in Eline Snel Mindfulness Method and Arno Stern « painting game », member of Printemps de l'Education.



**Maria-Lisa Guidi :**

Graduate in geography and psychology, trained in the Montessori Pedagogy.



**Smain Bagdad :**

Librarian, trained in Montessori pedagogy.



**Quentin Julien :**

Literature teacher, working on a PHD on digital development in education.



**Amandine Dupraz :**

Master mediation, art and culture.

## Education & professional training



**Dominique Steiler :**

Mindfulness, Well-being at Work and Economic Peace Chairholder. He is a Senior professor and, since 1999, director of the Center for Personal and Managerial Development at Grenoble Ecole de Management.

[www.mindfulness-at-work.fr](http://www.mindfulness-at-work.fr)



**Yves Mathieu :**

Contributor to UNIPAZ France, the local branch of the Peace University founded in Brasil by Pierre Weil. Yves is managing a team working on participative democracy, for public and private organisations.



**Olivier Dubigeon :**

International expert in sustainable and socially engaged management.

[www.sustainway.fr](http://www.sustainway.fr)



**Christian Le Mellec :**

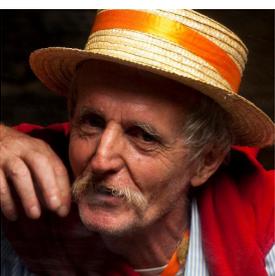
Editor, communication consultant and coach.



**Frédéric Bosqué :**

Humanist manager, local currency expert, initiator of the TERA ecovillage project.

[www.tera.coop](http://www.tera.coop)



**Michel Giran :**

Ecology and sustainable development expert.

[www.ddoogle.fr](http://www.ddoogle.fr)



**Bénédicte Gendron :**

University professor, vice-président of the University of Montpellier 3 in charge with professional training and socio-economic relations.



**Geneviève Bouchez-Wilson :**

Certified in NVC training and sociocratie consultant and trainer, co-founder of the “NVC Mediator school, Gestalt therapist”.

## Artists



**Laurent Tixier :**

Musician, expert in traditional music and ancient instruments, initiator of the 2nd world championship of ancient Conservatoire National d’Escrime Ancienne; writer and film director.

[www.laurent-tixier.com](http://www.laurent-tixier.com)



**David Hykes :**

Composer, singer, musician, author, and meditation teacher. He was one of the earliest modern western pioneers of so-called overtone singing.

[www.harmonicworld.com](http://www.harmonicworld.com)



**Marc de la Ménardière :**

Film director, member of the coordination of Colibris Network.

[www.colibris-lemouvement.org](http://www.colibris-lemouvement.org)



**Maurizio Russo :**

Architect, landscape architect and artist, trained in Japan, working in Canada, Europe and India.

[www.yugenearth.com](http://www.yugenearth.com)



**Mathilde Descour :**

Nurse, co-founder of Share&Care.

[www.psychedelic-nurses.org](http://www.psychedelic-nurses.org)



**Sam Olwein :**

Educator, co-founder of Share&Care.

[www.psychedelic-nurses.org](http://www.psychedelic-nurses.org)



**Martin Dubois :**

Multi instrumental musician.

[www.rangbap.com](http://www.rangbap.com)

# VI - OPEN MINDFULNESS COMPASSION

## Open Mindfulness Training (OMT), Method :

Open Mindfulness Training (OMT) is the Open Mindfulness Training Method initiated by Denys Rinpoché. This method is non religious and free of eastern terminology, presenting the essence of traditional mindfulness practice. OMT facilitators are members of the OMC-Network.

*www.openmindfulness.net*

## Open Mindfulness Compassion Network

Open Mindfulness Compassion Network (OMC-Network) is the international network of accredited teachers of the Open Mindfulness Training.

The Network is in charge of organising the trainings and controls the authenticity of the transmission with supervision and inter-vision sessions.

**OMC Network secretary : Brigitte Deverly**

omc.network@pleinepresence.net - Tel : +33(0)4.79.25.55.74

## Open Mindfulness Institute in Avalon

The Open Mindfulness Institute, first Institute authorised by the OMC-Network, offer Open Mindfulness introductions and trainings as well as seminars for various Mindfulness applications in social fields.

*www.pleinepresence.net*

## Programs in Avalon

- **OMT retreat (level 1)** : the 8 days retreat is focused on the 8 main training stages of the OMT method guided by a facilitator. This retreat gives a taste of Mindfulness experience and the tools for practicing in daily life.
- **OMT (level 2)** : Open Mindfulness Compassion.
- **Introductory week-ends to Open Mindfulness**
- **Open Mindfulness applications in the fields of health, education and management (see coming 2016 programme )**

**Inscription and booking :** *www.pleinepresence.net*

accueil@rimay.net - Tel : + 33(0)4 79 25 78 00

**Contact :** Marina Sibille, ipp@pleinepresence.net - Tel : + 33 (0)4 79 25 73 70

## Permanent retreat open to all every day in Avalon

Silent Meditation room and instructors welcome you every day of the year.

**Inscription and booking :** [www.pleinepresence.net](http://www.pleinepresence.net)

[accueil@rimay.net](mailto:accueil@rimay.net) - Tel : + 33(0)4 79 25 78 00

**Contact :** Marina Sibille, [ipp@pleinepresence.net](mailto:ipp@pleinepresence.net) - Tel : + 33 (0)4 79 25 73 70

## Bruxelles Open Mindfulness Institute

[www.centrevictorgambier.com/pleinepresence.html](http://www.centrevictorgambier.com/pleinepresence.html)

[www.bruxelles.rimay.net](http://www.bruxelles.rimay.net)

## Champagne-Ardenne Open Mindfulness Institute

[sites.google.com/site/pleinepresence](https://sites.google.com/site/pleinepresence)

## Urban Mindfulness groups

**Contact:** Brigitte Deverly, [omc.network@pleinepresence.net](mailto:omc.network@pleinepresence.net)

## VII - PARTNERSHIPS

- **EBU** : [www.europeanbuddhism.org](http://www.europeanbuddhism.org)
- **Conseil Général, Département de Savoie** : [www.savoie.fr](http://www.savoie.fr)
- **Commune d'Arvillard** : [www.arvillard.fr](http://www.arvillard.fr)
  
- **Réseau Ecole et nature** : [www.reseauecoleetnature.org](http://www.reseauecoleetnature.org)
- **La Ferme des enfants** : [www.la-ferme-des-enfants.com](http://www.la-ferme-des-enfants.com)
- **Grenoble Ecole de Management, Chaire Mindfulness Bien être au Travail et paix économique** : [www.mindfulnessatwork.fr](http://www.mindfulnessatwork.fr)
- **Printemps de l'éducation** : [www.printemps-education.org](http://www.printemps-education.org)
- **Eclaireurs de la nature** : [www.edln.org](http://www.edln.org)
- **Enfance et Attention** : [www.enfance-et-attention.org](http://www.enfance-et-attention.org)
- **Eduka 3000** : [www.eduka-3000.blogspot.fr](http://www.eduka-3000.blogspot.fr)
- **AME** : [www.meditation-enseignement.com](http://www.meditation-enseignement.com)
- **CREA Apprendre la vie** : [www.education-authentique.org](http://www.education-authentique.org)
  
- **Communication Non violente** : [www.ecoledesmediateurscnv.typepad.com](http://www.ecoledesmediateurscnv.typepad.com)
- **UNIPAZ** : [www.unipazfrance.org](http://www.unipazfrance.org)
- **Colibris** : [www.colibris-lemouvement.org](http://www.colibris-lemouvement.org)
- **TERA** : [www.tera.coop](http://www.tera.coop)
- **ADOME** : [www.ddoogle.fr](http://www.ddoogle.fr)
- **Sagesses de l'Humanité** : [www.atelier-follmi.com](http://www.atelier-follmi.com)

- **Solidarité Homéopathie** : [www.solidarite-homeopathie.org](http://www.solidarite-homeopathie.org)
- **Generation Tao** : [www.generation-tao.com](http://www.generation-tao.com)
- **Terre du Ciel** : [www.terre-du-ciel.org](http://www.terre-du-ciel.org)
- **Psychadelic Nurse** : [www.psychedelic-nurses.org](http://www.psychedelic-nurses.org)
- **Association « R(d')évolution »** : [www.rdevolution.org](http://www.rdevolution.org)
  
- **La NEF** : [www.association-lanef.org](http://www.association-lanef.org)
- **Fonds Germes** : [www.association-lanef.org](http://www.association-lanef.org)
- **Sustainway** : [www.sustainway.fr](http://www.sustainway.fr)
- **Natur' Alpes** : [www.ecole-naturalpes.com](http://www.ecole-naturalpes.com)
- **Thermes d'Alleverd** : [www.thermes-allevard.com](http://www.thermes-allevard.com)
- **Rimay Diffusion** : [www.rimaydiffusion.com](http://www.rimaydiffusion.com)
  
- **Editions Yves Michel** : [www.yvesmichel.org](http://www.yvesmichel.org)
- **Regard Bouddhiste** : [www.magazine-regard-bouddhiste.com](http://www.magazine-regard-bouddhiste.com)
- **Kaizen** : [www.kaizen-magazine.com](http://www.kaizen-magazine.com)
- **Revue Reflets** : [www.revue-reflets.org](http://www.revue-reflets.org)
- **Happinez** : [www.happinez.fr](http://www.happinez.fr)
- **Soleil Levant** : [soleil-levant.org](http://soleil-levant.org)

# VIII - APPENDIX

## APPENDIX 1

SEVEN COMPLEX LESSONS IN EDUCATION FOR THE FUTURE - EDGAR MORIN

<http://unesdoc.unesco.org/images/0011/001177/117740eo.pdf>

### Foreword

This text stands prior to any suggested educational guide or curriculum. It is not meant to cover the totality of subjects that are or should be taught. The intention is simply to identify fundamental problems that are overlooked or neglected in education, and should be taught in the future.

These “seven lessons,” or seven facets of essential knowledge, should be covered, without exclusivity or exclusion, in education for the future in all societies in every culture, according to the means and rules appropriate to those societies and cultures. The scientific knowledge on which we rely here to support our vision of the human condition is provisional and open-ended; it leaves us with the profound mysteries of the Universe, Life, the birth of Human Beings. Here opens an *undecidable* field where philosophical options and religious beliefs come into play through cultures and civilizations.

### Seven necessary knowledges

Chapter I: *blindness in knowledge: error and illusion*

Chapter II: *Principles of pertinent knowledge*

Chapter III: *Teaching the human condition*

Chapter IV: *Earth identity*

Chapter V: *Confronting uncertainties*

Chapter VI: *Understanding each other*

Chapter VII: *Ethics for the human gender*

Original title: *Les sept savoirs nécessaires à l'éducation du futur*

Published in November 1999 by the United Nations Educational,

Scientific and Cultural Organization

- 7 place de Fontenoy - 75352 Paris 07 SP - France © UNESCO 1999.

## ANNEX 2

### OPEN MINDFULNESS COMPASSION: A TRAINING METHOD - FROM DENYS RINPOCHE

Table of content (loose translation)

#### **First part : Mindfulness & Awareness**

What is Mindfulness?

A natural and universal experience

A profound aspiration for happiness and harmony

OMT: Open Mindfulness Training

#### **Second part : the Method**

##### *Generalities*

Aspects of Mindfulness

Tools: attention and recalling

Behaviours

Obstacles and remedies

##### *Specifics: The eight stages of the training*

Stage 1. Mindfulness of body

Stage 2. Mindfulness of breath

Stage 3. Mindfulness of open sensoriality

Stage 4. Relaxing in openness

Stage 5. Mindfulness of thoughts and emotions

Stage 6. Mindfulness in relationship and communication

Stage 7. Training in daily life

Stage 8. A lifetime training

##### *General methodology and deepening*

Final advices

How to start

How to continue

Avoiding the shortcomings

## **Third Part : transmission**

An open transmission model

An economy of generosity

Conclusion: openness

## **Appendix**

Open Mindfulness Network Charter

## APPENDIX 3

### INTER-TRADITIONS AN TRANSDISCIPLINARY CONFERENCES, BRIEF OUTLOOK

*A vision of unity in diversity (in varietate concordia)*

#### **Symposiums**

- 1997 : *Inter-traditions* symposium with the Dalai lama and delegates of the traditions of the five continents; cf. *Cercle des anciens*, éd. Albin Michel and the film *Fire on the mountain*, David Cherniack
- 2004 : Forum *Ecology and spirituality, a date*. Cf. Ed. Yves Michel and the DVD.
- 2011 : Forum *Economy and spirituality, altruism better then avidity*, Cf. Ed. Yves Michel

#### **Transdisciplinary Conferences**

- 1980 : *René Guénon*
- 2008 : *Dharma and martial arts*
- 2007 : *Harmony, ecology of life*
- 2006 : *Dharma and ecology: the web of life*
- 2005 : *Dharma and psychology*
- 1999 : *Ethic and business with Bernard Leblanc-Halmos*
- 2004 : *Bouddha and the philosopher, Shâkyamuni and Schopenhauer*
- 1994 : *Being with the dying with Dr Chevassut et Sara Sarfati*
- 1995 : *Ethic and performance*
- 1992 : *Imagination*
- 1989 : *Meditation and psychoanalysis*
- 1989 : *Buddhist and sciences*
- 1988 : *Reality*
- 1987 : *From psychology to spirituality*
- 1984 : *Buddhism and modernity*

## Christians-Buddhists

Numerous Conferences had gathered representatives of the two traditions from 1981 to 2008, notably :

- 2008 : *Love and absolute*, Father Laurence Freeman & Denys Rinpoché
- 2005 : *Spirituality, Love et Sexuality*, Father JY Leloup & Denys Rinpoché
- 2002 : *Inner Peace*, Father JY Leloup & Denys Rinpoché
- 2000 : *Cartusian and Buddhist Spirituality*, Father JY Leloup & Denys Rinpoché
- 1996 : *Trinity-Trikaya*, Father de Gives & Denys Rinpoché
- 1985 : *Love and Knowledge*, Father de Gives & Denys Rinpoché
- 1984 : *Silence and Speach*, Father de Gives & Denys Rinpoché

## Islam-Dharma

- 2003 : *Islam and Dharma : open heart dialog*, Cf. Editons Prajñâ
- 2004 : *Sacred therapy*, Cheikh Bentounès & Arnaud Desjardins
- 2005 : *Signs of the end of times*, Cheikh Bentounès, Frédéric Lenoir, etc. Cf. revue Question De
- 2008 : *East and West spiritual chivalry*, Faouzi Skali
- 2015 : *Islam, Dharma and scoutism*, Cheick Bentounès

## Freemasonry-Buddhism

Eight meetings between 1993 and 2014.

## Hinduism-Buddhism

Numerous Conferences with Arnaud Desjardins and Denys Rinpoché : Dialogue à deux voies aux éditions La Table ronde.

- 2013 : *Yoga the taste of unity*. Cf. *Yoga, méditation et bouddhisme*, éd. Bois d'Orion
- 1995 : *Hinduism-Buddhism*, Denise Desjardins
- 1986 : *Hindu and Buddhist Tantrisms*
- 1984 : First Conference with Arnaud and Denise Desjardins

## **Inter-buddhist**

- 2000 : Conference with Jeremy Hayward
- 1992 : *The non self*
- 1989 : *Theravada, Zen and Vajrayâna*, with the French Buddhist Union
- 1998 : *Zen and Mahâmudrâ*, Jacques Brosse

## **Inter-traditions pilgrimage**

- 1997 : 1st pilgrimage, Tunisian desert, JY Leloup, Faouzi Skali, Lama Denys
- 1998 : 2nd pilgrimage, Bodh-Gayâ, JY Leloup, Faouzi Skali, Lama Denys
- 1999 : 3rd pilgrimage, Jérusalem JY Leloup, Faouzi Skali, Lama Denys

## APPENDIX 4

### AVALON ECO-SITE

Avalon is a wonderful land, wild and silent, in the mist of the Belledonne mountains range in the Alps. Situated in the ancient domain of the Chartreuse de Saint Hugon, the hamlet surrounded by forest is one of the main retreat centres of the Rimay Community.

#### **A high spiritual haven**

The Chartreuse de Saint Hugon was founded in 1173, shortly after the foundation of the Cartusian order by Saint Bruno.

The place was originally inhabited by hermits and may be a pre-Christian sacred site. The Cartusian monks were thrown out during the French revolution in 1793. The place in ruins was reborn in its spiritual vocation in 1979. It was offered to the Tibetan meditation master Vajradhara Kalu Rinpoche who entrusted his disciple Denys Rinpoche to establish a Dharma centre.

Avalon is a high spiritual haven consecrated by contemplatives for generations. The name of Saint Hugon comes from the contraction of the name of its protector Saint Hugues de Saint Hugon. wonderworker, scholar, counsellor of King Henri II Plantagenet, Hugues d'Avalon was well known for his significant inspiration to the holy grail, the King Arthur myths and the knights of the round table. The universal and timeless quest weaved in those legends inspire the spirit of the place.

#### **Retreat centre**

Today, Avalon eco-site is a place dedicated to contemplation. Practitioners of various contemplative traditions are welcome all over the year for different kind of retreats: Mindfulness retreats, Mahamudra-Dzogchen retreats, short, medium and long term retreats including the traditional three years retreat (Losum chosum).

Karma Ling Hotel Restaurant and facilities, nice and simple, follow ecological principle with local organic foods in a happy way.

**Contact : [accueil@rimay.net](mailto:accueil@rimay.net) , tel : 04 79 25 78 00.**



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A.M.E Association Méditation dans l'Enseignement



GRENOBLE ECOLE DE MANAGEMENT

CHAIRE MINDFULNESS, BIEN-ÊTRE AU TRAVAIL ET PAIX ÉCONOMIQUE



Natur'Alpes



RÉSEAU ÉCOLE ET NATURE



CREA-Apprendre la Vie

Solidarité Homéopathe



Éclaireuses & éclaireurs de la Nature

EduKa-3000



éditions Yves Michel

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Inventer la mémoire du futur



MAGAZINE



regard bouddhiste

kaizen

construire un autre monde... pas à pas

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Revue trimestrielle



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Espace d'ouverture à la Sacralité et à la Fraternité

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BOUTIQUE EN LIGNE

Association La NEF  
Nouvelle Économie Fraternelle

Association R(d')évolution

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OPEN MINDFULNESS INSTITUTE

Eco-site d'Avalon - Hameau de Saint Hugon - 73110 Arvillard

04 79 25 78 00 - ipp@pleinepresence.net -

www.pleinepresence.net