

Plum Village Swiss Inter-Sangha Gathering, Practicing & Trekking



September 2-4, 2022 Rigi Kloesterli Hotel

Plum Village Swiss Sanghas Community Building

September 2-4, 2022 we are organizing in the Rigi Koesterli Hotel the 5th Inter-Sangha Gathering, Practicing & Trekking with the participation of friends coming from all Plum Village Sanghas in Switzerland.

Plum Village Swiss Inter-Sangha is an initiative aiming to develop joyful friendship and fraternity between Thich Nhat Hanh students in Switzerland and strengthen Swiss Sangha community links.

The detailed program information is in the back. For more information about this initiative and coming events please see *Plum Village Swiss Inter-Sangha* page on Facebook: <https://www.facebook.com/groups/263875074407198/> or contact the Inter-Sangha team (See the contact information in the back).

Gathering location

Rigi Kloesterli Hotel - Klösterliweg 17, CH-6410 Rigi Klösterli.

Tel.: +41 (41) 855 05 45

hotel@kloesterli.ch | www.kloesterli.ch

Gathering time

Arrival Friday, September 2, 2022 afternoon from 16h30. (Dinner is served at 19h00).

Alternative arrival Saturday, September 3, 2022 morning (Breakfast is served from 8h to 10h).

The gathering closes Sunday, September 4, 2022, after lunch.

Travel and access

Rigi Kloesterli Hotel is next to Rigi Klösterli train station.

There is no access to the Hotel for cars. Normally **the last train from Arth-Goldau leaves at 18h23** and arrives at 18h48. Please check the train timetable.

Car parking is available at the train station after Arth-Goldau. Please add 15 minutes to your travel schedule.

Those without SBB/CFF Half price or GA should ask the Hotel for a guest card to get a reduction when buying the Arth-Goldau to Rigi Kloesterli train ticket.

Registration

Registrations are taken directly at the Hotel reception by e-mail (see registration template on next page).

Accommodation

We have pre-reserved enough rooms for 85 participants for two nights.

Meals

Rigi Kloesterli Hotel proposes organic and vegan meals. Please contact the hotel in case of allergies.

Costs

Accommodation and all meals cost for the two days go from CHF 188.- to CHF 265.- per person depending on the room category: dorm, standard or charming, single, double, or family. See the next page for room options. Expect a 3% supplement for credit card payments.

Gathering coordination

An ad hoc CTC (Care Taking Council) will be put in place on-site by the Inter-Sangha core team.

Volunteers are welcome to join service teams on-site.

Looking forward to meeting you in the Rigi Kloesterli Hotel. We remind available for any questions.

Friend regards from the gathering coordination team.

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Program proposal for Friday, September 2, 2022

From 15h30 Coordination team meeting.

From 16h30 Welcome and accommodation.

19h00 Dinner.

20h00 Gathering in the meditation hall, introductions, and orientation.

21h00 Silent meditation.

21h30 Noble silence and rest.

Program proposal for Saturday, September 3, 2022

07h00 Silent meditation.

07h30 Yoga/Mindful movements.

08h00 Breakfast.

08h30 Coordination team meeting.

09h30 Mindful trekking with contemplative stops (An easy walk will be proposed).

12h00 Picnic and rest (Picnic provided by the Hotel).

14h00 Mindful trekking back to the hotel with contemplative stops.

16h30 Back in the Hotel.

17h00 Gathering in the meditation hall and sharing.

18h30 Dinner.

21h00 Silent meditation.

21h30 Noble silence and rest.

Program proposal for Sunday, September 4, 2022

07h00 Silent meditation.

07h30 Yoga/Mindful movements.

08h00 Breakfast.

08h30 Coordination team meeting.

09h00 Packing and leaving the rooms.

09h30 Mindful trekking with contemplative stops.

12h00 Lunch in the Hotel.

13h30 Closing gathering in the meditation hall.

14h00 End of the general gathering.

14h00 Back home or free program.

This program will be adapted to the circumstances by the coordination team and the participants.



Service Teams

Social media community manager

TBD – Is anyone volunteering?

Plum Village Swiss Inter-Sangha page on Facebook:
<https://www.facebook.com/groups/263875074407198/>

Translation

Marco Pfister and participants.

Languages: English, German, Arabic, and French.

Trekking – Saturday and Sunday easy walk

Sylvie Ischi and participants.

Languages: German, English, and French.

Alternative guide for reduced mobility friends

Jaume Gallifa and participants.

Languages: English, French, Spanish, and Catalan.

Meditation hall preparation

Vignesh Nadarajan and participants.

Languages: English, French, German, and Tamil.

The meditation hall is equipped for about 45 people.
Please bring your meditation cushion and yoga mat if possible.

Bell master

Kim Hong and participants.

Languages: English, French, and Vietnamese.

Jaume brings the bell from Lausanne.

Bells, calligraphies, and gathas

Jaume Gallifa and participants.

Mindful movements

Elisabeth von Gunten and participants.

Yoga

Jinjur van Vogelpoel and participants.

Languages: English and French.

Picnic

Marco Pfister and participants.



Rigi Kloesterli Hotel Registration template

Please send by e-mail to hotel@kloesterli.ch

The number of people registering: ____

First name, family name, e-mail, and phone of each participant:

Those without SBB/CFF Half price of GA should ask for a guest card to get a reduction when buying the Arth-Goldau to Rigi Kloesterli train ticket.

Please mention food allergies:

Special food requirements may cause a CHF 5.- by meal supplement.

Dormitory room options and prices per person in CHF

- __ Single room - I will bring my sleeping bag: 208.-
- __ Single room with duvet: 235.-
- __ Double room - I will bring my sleeping bag: 188.-
- __ Double room with duvet: 215.-

Hotel room options and prices per person in CHF

- __ Single room charmant: 265.-
- __ Single room standard: 249.-
- __ Double room charmant: 256.-
- __ Double room standard: 239.-
- __ Family room charmant (4 person): 239.-
- __ Family room standard (3 person): 229.-

__ I will bring my meditation cushion and yoga mat

Remarks/Questions:
