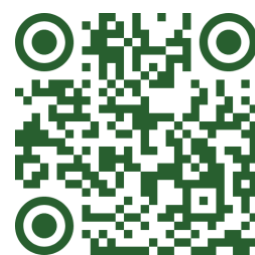




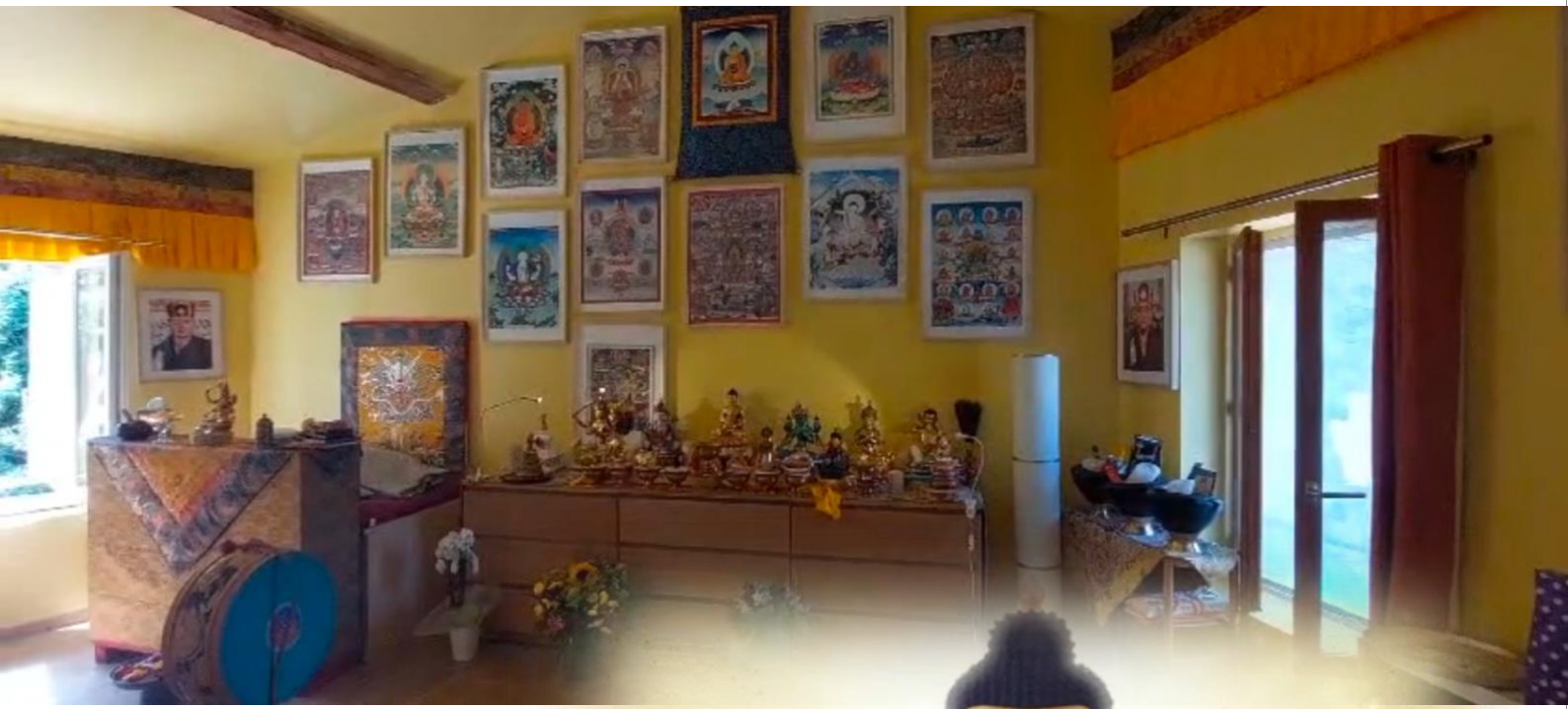
# Venu Garden Association Programm



**Programm**  
October 2024 - July 2025







## **Cultivating well-being and inner wealth**

We all aspire to sustainable happiness, free from all suffering. Our society is complex and constantly changing, and can generate confusion and dissatisfaction within us.

For 2,500 years, the teachings of the Buddha have encouraged us to cultivate our own inner wealth by developing love and kindness and discernment.

Even today, the values conveyed by Buddhism lead us to live our humanity better, by taking care of ourselves, others and the world.


Because of the three aspects of the practice - learning, meditation and daily practice - we become clearer about how we perceive our environment and our true nature.

More informations  
[www.venugarden.fr](http://www.venugarden.fr)



# Agenda

## Well-being of body

Sunday 16 November 2024  ONLINE  PRESENTIAL


### Dietary therapy Preventing the body's balance

Alexandrine Léon

Sunday 16 February 2025  ONLINE  PRESENTIAL

### Qi Gong Restoring balance of the body

Karma Tsultim Namdak

From Friday 21 February to Friday 28 February  PRESENTIAL

### Fasting to overcome one's fears

Stéphanie Ratier & Alexandrine Léon

Sunday 16 March 2025  ONLINE  PRESENTIAL

### Hatha Yoga Releasing tensions and connecting with inner peace

Sylvie Thorel

From Tuesday 15 May to Sunday 20 May 2025  PRESENTIAL

### Trauma therapy

Freeing the body from its past burdens

Andreas Eberhardt

24 and 25 May 2025  ONLINE  PRESENTIAL

### Hatha Yoga Developing attention while relaxing

Quentin Fichot



## Well-being of mind

Sunday 13 October 2024  ONLINE  PRESENTIAL

### Calm abiding meditation (shiné)



Pacifying one's emotions and winning clarity

Alexandrine Léon

18 and 19 January  ONLINE  PRESENTIAL

### The four seals of the Buddha


Christian Masse

Thursday 31 July to 3 August 2025  ONLINE  PRESENTIAL

### An exceptional event

Sabchu Rinpoché



Dates on website  ONLINE  PRESENTIAL

### Meditation of Tchenrezi Collective practice

Dates on website  ONLINE  PRESENTIAL

### Meditation of shiné Collective practice

23 October 2024, 14 March 2025, 11 June 2025, 28 July 2025

### Celebrate Buddha Shakyamuni during duchen days

Veñu Garden sangha  ONLINE  PRESENTIAL



## CHENREZIG MEDITATION

We alternate between the sadhanas of Thangtong Gyalpo and Zhabkar Tsogdruk Rangdröl.

These sessions are designed for anyone wishing to develop a regular practice in order to gradually acquire the benefits of **Chenrezig meditation**.

### Important

▶ Practicing together enables us to maintain our discipline and commitment and supports the sangha.

▶ Taking refuge is essential. Having received the lung and transmission of sadhana is recommended.

#### Dates

▶ Visit [venugarden.fr](http://venugarden.fr) or join our WhatsApp group

#### Registration

▶ It is not necessary to register in advance.

#### Fees

▶ Sessions are free of charge.  
You can make an offering to support the activity of the association.



## An exceptional event with Sabchu Rinpoché

### LEARNING



**Sabchu Rinpoché** was born in Nepal. The late 14th Shamar Rinpoché formally recognized him as the 5th incarnation of Sabchu Rinpoché during the transmission of the Tersar empowerments given at Nagi Gomba by the late Tulku Ugyen Rinpoché. The young Sabchu Rinpoché was presented with his robes before all who were present, including the four Karma Kagyu regents and many other important figures of the Karma Kagyu lineage. The formal ceremony took place twice, first in Rumtek Dharma Chakra Centre, and then in the monastery of Swayambhu.

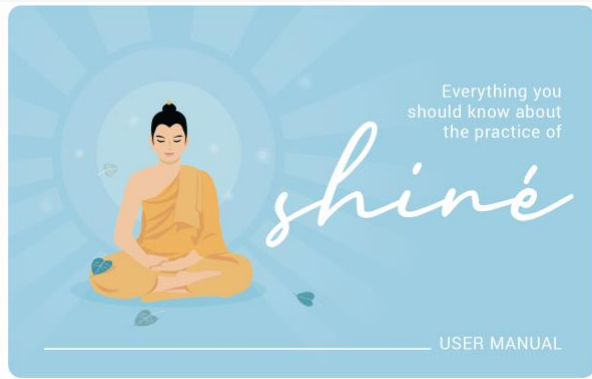
Rinpoché moved to the Swayambhu monastery at an early age and began studying Tibetan language and the fundamental practices of the Karma Kamtsang lineage. He received many empowerments, reading transmissions, and instructions from great masters, beginning with the New Treasure collection given by the late Tulku Ugyen Rinpoché. The late Dilgo Khyentsé Rinpoché conferred the three Dzogchen collections; the late Tenga Rinpoché gave the reading transmission of the Tengyur, the translated treatises; Nyenpa Rinpoché gave the reading transmission of the Kangyur, the translated teachings of the Buddha; Trangu Rinpoché gave the Kagyu Ngak Dzö, the Tantra Treasury empowerments; the late Pénor Rinpoché conferred the Rinchen Terdzö, the Treasury of Precious Termas; Sakya Trizin gave the Druptab Küntü, the Compendium of Sadhanas; Luding Khenchen Rinpoché gave the Gyüdé Küntü, the Compendium of Tantras; and the late Shamar Rinpoché transmitted the empowerments and reading transmission of the Chigshé Kündröl, the empowerment collection by Ninth Karmapa Wangchuk Dorjé. Sabchu Rinpoché also received many practice instructions from different qualified meditation masters. He studied the scriptures and philosophical treatises under Khenpo Shenpen, and later under Khenpo Chödrak Rinpoché at the Karmapa International Buddhist Institute.

He spent one year practicing Chöd in Pharping. At the age of eighteen, he began a three-year retreat in Pharping under the guidance of Maniwa Sherab Gyaltzen Rinpoché. There, Rinpoché received the Karma Kamtsang transmissions traditionally practiced in retreat. Afterwards, he began traveling and teaching in Europe and North America. After traveling and teaching for several years, Rinpoché completed a Bachelor's degree in Film and Media Production in Canada. Rinpoché divides his time between personal retreat, as well as teaching in Asia and Europe.

CONTENT TO BE  
DETERMINATED

#### Informations

Beginning of the course: Thursday 31 July to 6pm  
Teaching in English, translated into French;  
Course fee : 270€ for the complete course



Sunday 13 October

ONLINE

PRESENIAL



## Calm abiding meditation's practice

A day to familiarize oneself with shiné meditation

Shiné meditation is a meditation who gives access to some pacification of the mind and some clarity of the mind.

So one can then begin to have all the key to adapt his behavior and his mentalscape of the different environment, familial, professional to find a fluency in different circumstances of life.

It is also a pre requisite to after begins to analyze and reflect on the perception of our mind to envisage the world.

During all the day, we will explore the meaning of the different card of the shiné box that Rinpoché conceived based on traditional teaching of the Buddha.

Teacher(s)  
Alexandrine Léon  
Course fee: 60€



Wednesday 23 October

## In the foot prints of Buddha Shakyamuni

A day to honor Shakyamuni Buddha. For those who wish, we welcome you from 1pm to clean the Gompa and refresh and clean its material offerings, such as bowls of water, flowers, incense, etc.

We'll also practise the pujas of Mahakala, sur, and tsethar before connecting to Zoom to follow Sabchu Rinpoché's teaching

Teacher(s)  
Venü Garden's sangha  
No course fee



Sunday 16 November 2024

ONLINE

PRESENIAL

## Diétary therapy

Chinese dietary therapy, derived from traditional Chinese medicine, uses food to promote health and balance internal energies. Each food is considered for its specific properties influencing the body and mind. This natural approach aims to boost immunity, prevent disease and adapt to individual and seasonal needs, offering a personalized method for improving general well-being and prolonging longevity.

Teacher(s)

Alexandrine Léon:

Course fee: 60€

Informations  
[www.venugarden.fr](http://www.venugarden.fr)



FONDAMENTAL TEACHING

ONLINE

PRESENIAL

Sat 18 and Sun 19 January 2025

## The 4 seals of the Dharma

The four seals of the Buddha's teaching  
The four axioms that define the exclusive view of the Buddha's teaching.

1. All that is conditioned is impermanent.
2. All that is tainted is suffering.
3. All phenomena are empty and devoid of a self (intrinsic existence).
4. Nirvana is peace.

These are the four fundamental philosophical axioms of Shakyamuni Buddha's teaching.  
They are also exclusive to it; no other spiritual tradition sets them out or explains them.

The weekend will be devoted to making these four axioms as explicit as possible, in the spirit of a workshop for sharing and reflection.

Teacher(s)  
Christian Masse

Informations

Christian Masse has been following the path of Tibetan Buddhism since 1981, as a disciple and translator of Lama Teunsang at the Karma Migyur Ling monastery in Montchardon, in the Vercors.

Course fee : 150€



From Friday 21 February to Friday 26 February



PRESENTIAL

## Fasting to overcome one's fears

The aim of this fast is to help you experience the absence of food in complete safety.

A fundamental human attachment, fasting often seems unthinkable. Whether you're facing up to your fears, or aiming to lose weight and improve your health, we'll be there with workshops and conferences to help you succeed in this challenge.

During your retreat, Stéphanie will have the pleasure of accompanying you through 'chat' times.

These will be times for sharing with the group, an opportunity for you to take stock of what you're experiencing during your fast, and for her to shed light on the physiological processes you're going through, to give you any advice you might need to make the most of your fast and the return to food, to discuss topics such as the digestive system, eating according to the naturopathic approach, healthy living etc..

### Teacher(s)

Stéphanie Ratier et Alexandrine Léon

### Important

If you are ill, please consult your doctor before enrolling.

### Informations

Stéphanie is trained in naturopathy at the Isupnat Institute, in herbal medicine at the École des Plantes de Paris and in coaching at MHD Formation. Her credo: to support change by drawing on the inner resources of the people she coaches.

"I've been a follower of fasting for many years myself, so it was natural for me to turn to coaching in this area, where I've seen the many benefits and the transformative effect on different levels of our being.

It's with great humility and wonder that I observe the body's self-healing processes at work during fasting.

Course fee: 500€, accommodation and meal at the end include.



Sunday 16 March 2025



PRESENTIAL

## Hatha Yoga

### Release tensions and connect with inner peace

The practice is based on a guided sequence (postures, breathing and meditation) that progressively leads to relaxation, release of tension and a state of "inner peace" conducive to interiorization.

Open to all, no level required.

### Teacher(s)

Sylvie Thorel

Limited to 20 persons

Course fee : 60€ / jour



Sunday 16 February 2025



PRESENTIAL

## Qi gong

### Restoring balance of the body

Sheng Zhen Qi Gong is a combination of fluid movements, breathing techniques, meditation and visualization, which help the individual to open up their meridians so that the energy, the Qi, can flow smoothly. This practice helps to structure muscles, strengthen tendons and relax the spine and joints. The body becomes supple, strong and harmonious. Regular practice also calms disruptive emotions such as stress, nervousness and anger, and strengthens the immune system. Sheng Zhen Qi Gong also allows you to experience a profound inner silence and feel truly relaxed. In this way, mental and physical balance is restored and energy harmonized. Our practice during this course reflects the gentleness, simplicity and natural state of the human being.

### Teacher(s)

Karma Tsultim Namdak

### Important

The exercises are easy to learn and suitable for all ages, as well as for people with reduced range of movement.

### Informations

The form practiced during this course is Sheng Zhen Healing Gong (parts 1 and 2). This technique collects and refines Qi, supports lung function (if breathing is short or difficult, for example) and relieves back tension.

Course limited to 20 people. Teaching in German, English, translated into French

Course fee: 80€



## CHOTRUL DUCHEN CELEBRATION

14 March 2025

## Celebrate Buddha Shakyamuni

The first fifteen days of the year celebrate the fifteen days during which the Buddha performed miracles in order to convince people adhering to other philosophies.

A day to honor Shakyamuni Buddha, for those who wish to do so, we welcome you from 1pm to clean and clear the gumpa and its material offerings, such as bowls of water, flowers, incense and so on.

We will prepare traditional butter lamps.

We will also practice the pujas of Mahakala, sur, and tsethar before logging on to Zoom to follow Rinpoche's teaching.

### Teacher(s)

Veñu Garden sangha

No course fee.





From 15 to 20 May 2025

## Trauma therapy

Over the years, Andreas Eberhardt has cultivated a wealth of expertise in bodywork and trauma resolution modalities.

Since 2007, he has been actively involved in Somatic Experiencing, a trauma resolution technique developed by Dr Peter Levine, which focuses on understanding and addressing the body's responses to past traumatic events, thereby promoting healing through body awareness.

Andreas is an assistant to Dr Sonia Gomez PhD, immersing himself in her SOMA work which uniquely integrates the emotional and physiological aspects of embodiment, particularly in relation to developmental disorganization.

With over twenty years' experience, Andreas has expertise in treating people who are seeking to better understand their bodies and personal well-being.

This course will give you the keys to helping people who have experienced trauma.

Teacher(s)

Andreas Eberhardt

Course fee: 350€ the complete course

Teaching in English, translated into French

Groupe of 12 participants maximum



Sat 24 and Sun 25 May 2025



## Hatha Yoga

Developing attention while relaxing

Movement accompanies us at all times, even during sleep. Through the ancient practice of yoga, we train and habituate ourselves to be naturally present, by developing relaxation and mindfulness.

Over the course of the weekend, we'll gradually work together to practice postures, breathing exercises, concentration and conscious sleep in theory and action.

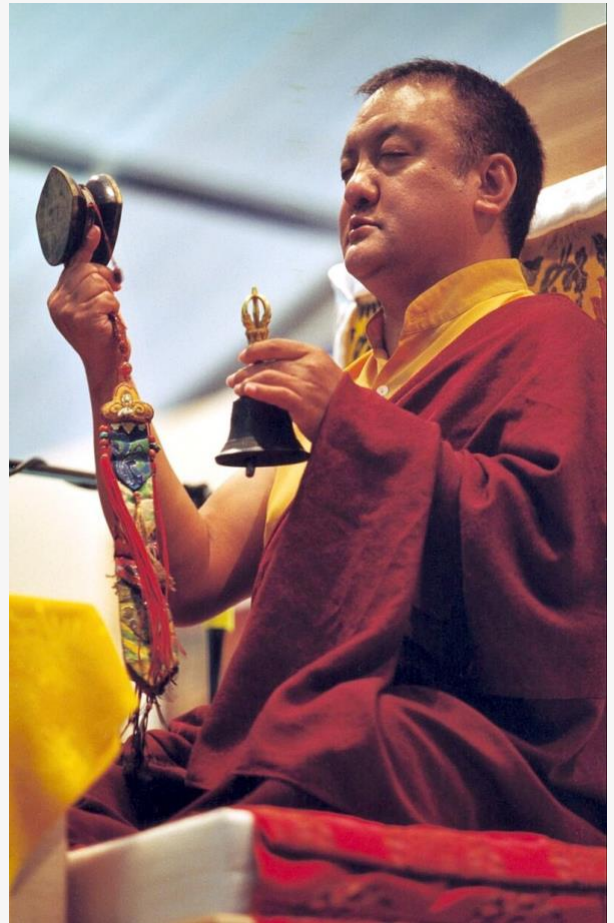
Teacher(s)

Quentin Fichot

Course Fee : 150€

Enseignement en anglais, traduit en français

Group of 20 participants maximum



Wednesday 11 June.



## Commemoration of the parinirvāṇa of Mipham Chokyi Lodro, the 14th Shamarpa and beginning of Saga Dawa

As the Gyalwa Karmapa said at the time of Shamarpa's parinirvāṇa: Rinpoche has been and continues to be our teacher, and his wishes and blessings will always accompany us.

Throughout his life, he displayed the activity of a bodhisattva, accomplishing the benefit of beings far beyond what we can conceive.

We celebrate his parinirvāṇa with a day of butter-lamp making, meditation and the usual duchen practices, followed by a Zoom with Sabchu Rinpoche.

Teacher(s)

Veṇu Garden Sangha

No session fee



We practice shiné meditation regularly to develop the mental stability needed to pacify the emotions and prepare for the laktong and Vajrayana meditations.

Sessions last 1 hour, but you can arrive during the session or leave before the end. Each session includes practice time and time for sharing.

We alternate between 7am and 7pm to enable as many people as possible to attend.

### Important

- ▶ Group practice helps us maintain our discipline and commitment, and supports our sense of belonging to the sangha.

### Dates

- ▶ Visit [venugarden.fr](http://venugarden.fr) or join our WhatsApp group

### Registration

No need to register in advance.

### Fees

- ▶ Sessions are free of charge.
- ▶ You can make an offering to support the work of the association.



# Dharma in daily life

## Want to practice the dharma off the cushion?

If you wish, you are welcome to help us. Here are some of our projects between now and July 2025: maintaining the areas that welcome the public, helping with the extension to the gopma, creating a concrete esplanade for the various offerings of smoke and food, creating a small shelter for the offerings of butter lamps, creating a giant stone mandala, wooden esplanades for sitting in the shade and planting fruit trees.

If you'd like to come and spend a few hours, a few days or a few weeks, don't hesitate, we'll do our best to organize your visit.



### Taking part in the site's activities

During the courses, you can join in with one or the other of the centre's activities, such as helping with cleaning, running the shop or preparing drinks.



### Investing regularly

Various activities contribute to the life of the association: gardening, construction, maintenance, etc.



### Encouraging the Sangha

Doing things together, collaborating and sharing helps to establish short- and long-term projects.

A well-rooted sangha ensures the continuity of the dharma over the long term.



# How to register?

## Registration

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### By email

- ▶ You send your registration form in the same moment with confirmation of payment by bank transfer or Paypal

## Informations

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### Course

- ▶ To take part in a course, you must register in full at least 7 days beforehand.
- ▶ Courses are taught either in French or in English with a French translation.

### Meals

- ▶ Catering is only available to people registered for a course.
- ▶ When you register, you can book one or more meals, vegetarian or otherwise.

### Accommodation

- ▶ When you register, you can ask to be accommodated on site. We have 3 beds in a shared room.
- ▶ To ensure everyone's well-being, pets are not allowed.

## Here is our bank information

RELEVÉ D'IDENTITÉ BANCAIRE					
Identifiant national de compte bancaire - RIB					
Banque	Guichet	N° compte	Clé	Devise	Domiciliation
10278	07950	00020582301	27	EUR	CCM LIMOUX
Identifiant international de compte bancaire					
IBAN (International Bank Account Number)					
FR76	1027	8079	5000	0205	8230 127
BIC (Bank Identifier Code)					
CMCIFR2A					
Domiciliation			Titulaire du compte (Account Owner)		
CCM LIMOUX			VENU GARDEN FONDATION		
22 RUE JEAN JAURES			45 CHEMIN DE L HORTE		
11300 LIMOUX			11290 ARZENS		



## Fees

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### Memberships

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Venu Garden is an association under the law of 1901. You need to be a member to take part in its activities.

- ▶ Individual annual membership ..... 15€
- ▶ Annual membership for teenagers (14-17) and students ..... 10€
- ▶ Annual membership for unemployed persons ..... 10€
- ▶ Supporting membership ..... 50€

### Teachings

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#### Course fees

- ▶ They are intended to cover the costs of organizing courses and teachers 'travel. They are the same whether you follow the course online or on site.
- ▶ Prices are given in the description of each course.

### Meals and accomodation

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- ▶ Meals cost 14 euros per person and a bed in a shared room costs 25 euro per night.
- ▶ Financial matters should not be an obstacle to your coming to the center. If you are experiencing financial difficulties, please let the reception know when you register.
- ▶ Visitor's tax: in accordance with article L 233-31 of the local authority code, the applicable visitor's tax is €0.61 per night and per person.

## Practical Informations

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### Contact us

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- ▶ **email** : venugarden@gmail.com
- ▶ **Phone** : 05 54 54 30 23

### How to get to Venu Garden ?

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- ▶ **Address** :  
21 rue du communal 11230 Saint Benoît
- ▶ **Nearest train station**: Limoux, bus from Limoux to Saint Benoît
- ▶ **Nearest airport** : Toulouse. Shuttle on request

