

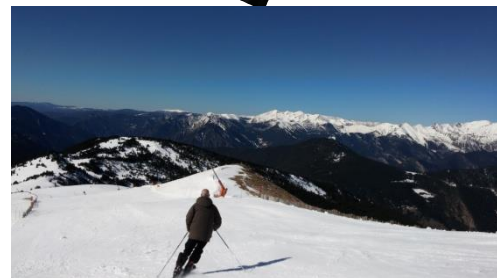
"In me there is a strong and graceful mountain peak stretching up, lost in mist and clouds."
— Thich Nhat Hanh

Mountain Mindfulness Ski Retreat

with the Monks and Nuns of Plum Village

March 24 to 29, 2020

Granvalira, El Tarter Ski Resort (Andorra)



We will enjoy cultivating awareness of body and mind while sitting, hiking, skiing in the mountain wilderness .
Intermediate level of downhill skiing ability or above required.

Price: €815 includes bed in hostel, meals, teaching, 5-day ski pass, and ski and boots rentals.

Contact and registration: ski@plumvillage.org

PRACTICAL INFORMATION:

HOSTEL EL TARTER: A modern mountain refuge with room for 40 people, staying in 4 or 6 person rooms, with communal bathroom.

- Bed linen included.
- Towels available (€2).
- Hot water spa. (Bring your swimming suit).
- 400m from ski lifts.
- Free Wifi.
- <http://www.mountainhosteltarter.com/>

Breakfast and dinner will be at a vegetarian restaurant close to the hostel.

REGISTRATION: Send email to ski@plumvillage.org
After confirmation, make a 515€ booking payment to the account we will facilitate and send copy to the same e-mail.
Only accepted first 40 people by strict registration order.

PRICES:	All included:	815€
	You have your own ski material:	765€
	You have ski pass and material:	600€

Contribution & Refunds

Plum Village Monastery is a non-profit organization, and retreats like this are run entirely by Dana. "Dana" is a Pali and Sanskrit word meaning "donation" or "offering".

The amounts listed on the registration are the cost of lodgment, meals, ski passes and ski rentals and small Dana contributions per person and per week of retreat. Normally we ask that you contribute the full amount as soon as you receive the contribution email from us. But, as we are logged in Andorra, we ask you to make a first contribution and bring the rest to Andorra.

We gratefully accept additional donations to support our monasteries and service projects around the world. It is thanks to your participation and support that the monastic community can thrive and share the path of mindfulness practice, both in Plum Village and beyond.

If you no longer can attend the retreat, please cancel your reservation as early as possible so the space can be offered to others.

If you let us know:

- **Before January 15th**, your first €515 contribution will be refunded, minus a €200 cancellation fee & service charges because we are renting the complete hostel.
- **After January 15**, the €515 of the first part contribution will be not refunded.
- **On or after the arrival date**, there will be no refund of first part contribution and no refund of second part contribution with €300.

Reservation will be confirmed by order of payment.

If we do not receive your contribution within 15 days of you making a reservation, the reservation will be *automatically cancelled*.

Thank you for your understanding and support.
