

Deer Park/Plum Village Peepal# Pilgrimage February 2025:

In the Footsteps of the Buddha - A Pilgrimage retreat through India and Nepal led by the Plum Village Monastics of Deer Park Monastery and Dharmacharya Shantum Seth

February 9 – February 22, 2025

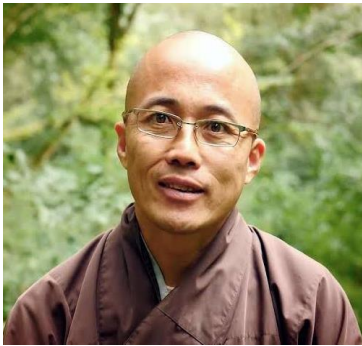
#Peepal (Ficus religiosa) is the species of tree under which the Buddha awakened in Bodh Gaya

Sponsorship: For every 6 people who sign up for the pilgrimage, one monastic is sponsored free on the pilgrimage. You are also welcome to independently sponsor a monastic to come on the pilgrimage.

• TEACHER BIOGRAPHY

The pilgrimage will be led by the monastics of Deer Park and Dharmacharya Shantum Seth

Monastics of Deer Park Monastery/Plum Village



Brother Chan Pháp Dung was ordained on February 4th 1998 as a member of the “Apple” family at Plum Village France. He received full bhikshu ordination on December 18th 2001, and received the Lamp Transmission from Thay and became a Dharma Teacher in 2004. He is the former abbot of Deer Park Monastery in California from 2001 to 2010. He has led mindfulness retreats in North and South America, China, Hong Kong, India, Bhutan and Germany.



Sister Chân Trai Nghiê was ordained by Zen Master Thich Nhat Hanh in 2009, received her full Bhikshuni ordination on May 24, 2014 and became a Plum Village Dharma Teacher in 2020. With a focus on cultivating peace and awareness, she supports individuals in their journeys of personal growth and spiritual development. She is also a certified yoga teacher and enjoys exploring creative ways to share the Dharma, cultivating harmony and healing in body and mind. She has led mindfulness retreats in South and North America, Europe, and Asia and has helped publish numerous works by Thay in the Japanese language.



Brother Minh An (Brother Peace) grew up in Los Angeles and was ordained as a monk in 2018. He enjoys sharing the practice with young people and is interested in the connection between the spiritual path and universal well-being.



Brother Minh Luong (Brother Generosity) grew up in Southern California and was ordained as a monk in 2018. He participated in the last Deer Park pilgrimage to India in 2016. Brother Minh Luong enjoys mindful walking and hiking in nature.



Sister Phu Nghiem was ordained in 2008. She enjoys sharing mindfulness with children and spending time in nature.



Sister Tuc Nghiem is an ordained nun living at Clarity Hamlet in Deer Park Monastery.



Dharmacharya Shantum Seth is an ordained teacher who was 'Transmitted the Lamp' by Thich Nhat Hanh in 2001. He is the foremost expert on sites associated with the Buddha and has been leading pilgrimages since 1988. He worked with the United Nations on volunteering, peace, and social development for more than 15 years, and has been a Senior Advisor to the World Bank and the Government of India on pilgrimage tourism. He has co-authored books such as *Walking with the Buddha*, *Volunteers against Conflict* and been a consultant for films like BBC-Discovery's *Life of the Buddha* and BBC-PBS's *The Story of India*.

At each pilgrimage site along the way, Shantum will tell stories of the Buddha's life and offer teachings to help us understand the Buddha as a human being, the drama of

his life and the significance of what he taught. We will schedule time for daily sitting and walking meditation, regular discussions, and contemplative time for ourselves. The creation of a traveling sangha will be an important aspect of this trip, giving the journey a greater cohesiveness and building a sense of support for those seeking to deepen their practice.

DAILY SCHEDULE & SPECIAL EXCURSIONS

Our retreat schedule will include daily sitting and walking meditation, often starting with a morning meditation at one of the Buddhist sites. This will be followed by breakfast at the hotel, after which we'll visit one of the Buddhist sites listed in the itinerary. Shantum will offer a detailed talk on that site in the context of the Buddha's life and teachings, and what was happening in the area many centuries ago, while also making it relevant to our times. Pilgrims will have some time at the site to walk around, after which we will have lunch. We'll rest after lunch, after which we may visit another site associated with the Buddha or go to a village, school, home and meet with interesting people etc. We return to the hotel by evening in time for dinner. The monastics will lead us in many of the practices.

On the days we travel, the itinerary will vary slightly, and there will be some flexibility depending on the size, needs, and interest of the group.