

Retreat “Seeing life through the eyes of compassion” 9th - 12th July 2026

Dear friend,

The Interbeing Association in Denmark is happy to invite you to our second Plum Village retreat in Denmark with the topic **“seeing life through the eyes of compassion”**. During our time together, we will practice mindful breathing, walking meditation, sitting and eating in mindfulness, Dharma talks, and Dharma sharing. These practices will support us in deepening our capacity to listen with compassion and to meet ourselves and others with kindness and care. The retreat will be facilitated by Dharma teachers Thay Phap An and Sister Song Nghiem from the European Institute of Applied Buddhism. The retreat will be held in English. You are warmly welcome!

Location

The retreat will be held at the Inspiration center Maribo, which is located on Lolland, 150 kilometers South of Copenhagen. You can reach the retreat center by car, but also by public transport. You will receive more information about this once we have received your registration. The little retreat center is of high standard with offering of single, double, triple and dormitory rooms. All of the rooms are beautifully decorated and have shared toilets and bathing facilities in the corridors. All meals – breakfast, lunch and dinner – are vegan and made by the retreat center chefs. You can read more about the retreat center here: <https://www.inspirationcenter.dk/>

Dates for retreat

Arrival opens on Thursday the 9th of July at 14 o'clock and the retreat closes on Sunday the 12th of July at 14 o'clock.

Price

Single room: **6575 DKK**

Shared double room: **5712 DKK**

Dormitory (10 beds): **5195 DKK**

Tent: **4907 DKK**

The price is all inclusive: meals, living, travel expenses for EIAB monastics, a contribution to the monastic community of the recommended price of 70 EUR per person / day, and arrangement expenses for the volunteers from Interbeing Denmark. 10% discount is offered for children under the age of 10 with a mattress next to the bed in parents' room, no dormitory option for children is possible.

Children are welcome

We have youngsters at different ages participating in our Family Days of Mindfulness and are therefore offering the opportunity for families to bring their children. Children will be welcome to join with their parents or grandparents at this retreat only under your own supervision. There will be no children's program at this retreat, but you are welcome to bring them. If multiple parents are attending with small children, you can consider alternating who attends the formal program.

Dharma Teachers

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The retreat will be led by Dharma teachers Thay Phap An and Sister Song Nghiem. Brother Phap An is Abbot and Dean of the European Institute of Applied Buddhism (EIAB) in Germany, and one of the eldest disciples of venerable Zen master Thich Nhat Hanh. Brother Phap An began leading retreats with Thich Nhat Hanh in 1995 and has since then led retreats the world over. Brother Phap An has also studied different forms of Qi Gong and Tai Chi. He delights in sharing his knowledge with retreat participants.

Sister Song Nghiem is also active in EIAB and has been a Dharma teacher for 20 years. Sister Song Nghiem possesses deep profound knowledge of Buddhism, mindfulness and Tai Chi. She is a rare source of warmth and joy. She was first appointed as a lay Dharma Teacher in 2003, and in 2012 she once again received the Dharma teacher lamp, this time as a nun.

Brother Thay Phap Tru is our local Dharma teacher in Denmark. Thay Phap Tru was ordained together with Thay Phap An in 1994 as part of the eldest disciples. Thay Phap Tru lived in Plum Village and held retreats worldwide with Thich Nhat Hanh before returning to Denmark where he facilitates both traditional Vietnamese and Plum Village practices.



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Characteristic practices of the Plum Village tradition at the retreat

- Sitting meditation
- Guided meditation
- Walking meditation in the beautiful garden of Inspiration center Maribo.
- Deep relaxation
- Dharma talks
- Dharma sharing in families
- Working meditation in families
- Qi Gong and Tai Chi

The best part of a retreat is the peaceful atmosphere which we reach through our joint aspirations and practice. The collected Dharma body and spirit is the beautiful result of us all joining in mindful practice and can be felt in our cells long after the retreat is over. The retreat environment is an easy place to be mindful and to smile!

Five Mindfulness Transmission

We offer the opportunity for you to commit to or renew your commitment to practice the Five Mindfulness Trainings in a formal ceremony held early morning on the Sunday of the retreat. If you wish to take the Five Mindfulness Trainings, please let us know before 1st of June. You will then be invited to write a short aspiration to inspire Thay Phap Tru in forming your Dharma Name. There will be an option for last-minute aspirators also during the retreat. Taking or renewing the Five Mindfulness Trainings surrounded by your local community with the depth of the Dharma flowing from the EIAB monastics is a truly unique opportunity.

The [Five Mindfulness Trainings](#) are a concrete expression of the Buddha’s teachings. They represent a way to bring mindfulness into every area of life. Rather than hard and fast rules, they offer us a path to cultivate and develop actions of body, speech and mind that can create a more healthy and compassionate world.

Registration

Please follow this link: <https://forms.gle/TmY19Vq7SJ19B3ZX9>

Note that your registration is not finalized until you confirm your attendance by submitting your payment within three calendar days following your initial registration.

Cancellation: A fee of – 20% of the price for cancellation until 1st of June – 100% of the price thereafter unless someone from the waiting list can take your place.

If you suffer from long-term mental health issues , we request that you consult with your physician or your mental health professional regarding if your participation in the retreat is advisable. Please do not hesitate to contact us in the event that you have any thoughts or questions.

Practicalities

Food:

All food served at the retreat will be vegan, if you have a special diet you need to follow please bring your own food.

Language: The retreat will be held in English, a few songs and texts will be in Danish.

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Contact:

If you have any thoughts or questions, please let us know at retreat@interbeing.dk