



PLUM
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The Wonder Of It All

A Plum Village Retreat for Scientists

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"As scientists, we have to challenge ourselves. We know that we need a mind that is clear - a mind that is not overloaded with grief, worries, anxiety and despair - a mind that is free from prejudices, notions, even knowledge, so that we can make progress on the path of learning and discovery." - Thich Nhat Hanh

A Shared Quest

At the heart of both the scientific and meditative journey lies a shared aspiration: the desire to understand and to discover. Yet, to truly encounter the truth, we must release our fixed views, prejudices, and cherished assumptions—only then can we see the world with fresh eyes.

Training The Mind

From June 20–27, 2025, Plum Village will host a transformative retreat for scientists. We invite you to experience a deeply interwoven ecology of practices—ancient in origin yet consonant with the latest scientific insights. Together, we will strengthen our capacity to dwell in the present moment, refine our intuition, and cultivate profound openness of mind.

Living Insight

Through inspiring talks by senior monastics and distinguished guest speakers, we will integrate the wisdom of Buddhism and science to illuminate the most urgent questions of our time. Together, we will explore resilience—both personal and collective—and delve into the nature of mind and reality.

Click [HERE](#) to find out more and register.



FAQs

What Is the Design of the Retreat? How Will We Spend Our Time?

The retreat will be facilitated by the Plum Village monastics and include panel sharings by distinguished guest speakers. Together, we will dedicate our time to cultivating resilience and fostering empathetic human connections through the teachings of the Plum Village Zen tradition. This includes practices such as mindfulness, managing deep emotions, speaking without blame, listening deeply, honoring Mother Earth, and more. You can view a general schedule [here](#).

Arrival and Departure

Please arrive at Plum Village on **June 20th**, no later than **7.30pm**. On **June 27th** is our departure day, and you are welcome to check out from your accommodation by **9.30am**, and depart the premises by **12pm**. It's important to keep the energy of the group and the flow of the retreat intact. Therefore we're sorry, but we can't accommodate late arrivals or early departures for the retreat. Thank you for understanding!

Where Is Plum Village Located and How to Get There?

Plum Village is located about 85 km east of Bordeaux, France. The retreat will be co-hosted in Upper Hamlet, the home of the monks, and Lower Hamlet, the home of the nuns. The address of **Upper Hamlet** is 437 Chemin du Pey, 24240 Thénac, France. The address of **Lower Hamlet** is 1336 Route de Lalande, 47120 Loubès-Bernac, France. They are within walking distance (3km) of each other. The nearest train station is Sainte Foy La Grande. The nearest airport is Bergerac or Bordeaux. You can choose to stay in either hamlet. Single men can register in Upper Hamlet only.

What Type of Food Will Be Served or How Are the Meals?

All Plum Village meals are vegan: vegetarian with neither dairy nor eggs, and our staples are usually rice (brown and white), oats, bread, and rice noodles. Everything is prepared fresh from mostly local organic ingredients by the monastics and volunteers (expect to sample some amazing Vietnamese cuisine). We are vegan to nourish our compassion and protect our planet. Food will be served buffet-style.