



THE ISLAND INSIDE

A Weekend of Mindfulness, Silence & Self-Discovery

With **Bhante Viveka**

November 20–23, 2026

Centre Goéland · Cap-Egmont, Prince Edward Island

An Invitation to Pause and Rediscover

What might become possible if, in the midst of our busy lives, we paused our usual routines and made space for stillness, awareness, and curiosity?

This silent mindfulness meditation retreat offers an opportunity to reconnect with ourselves, with nature, and with life as it unfolds in the present moment. Through meditation, contemplative practice, and teachings rooted in ancient wisdom, we will explore ways of cultivating greater serenity, clarity, compassion, and understanding.

Rather than simply learning about mindfulness, we will have the opportunity to experience the practice directly and discover how it can support our well-being, bring fresh perspectives to our lives, and open possibilities for greater inner freedom and ease.

Surrounded by the natural beauty of Prince Edward Island, we will share a few days of silence, practice, and simplicity.

What to Expect

The retreat will include:

- Guided mindfulness meditations
- Walking meditation
- Meditation instructions and individual guidance
- Teachings on Buddhist wisdom and the practice of mindfulness
- Opportunities to meet with the teacher
- Free time for rest and enjoying the natural surroundings
- A supportive environment for practising in silence

No previous meditation retreat experience is necessary. Whether you are new to mindfulness or have an established meditation practice, you are warmly welcome.

Retreat Details

Dates: November 20–23, 2026

Location: Centre Goéland

7151 Route 11, Cap-Egmont (Wellington), Prince Edward Island, Canada, C0B 2E0

Only a 2-hour drive from Moncton, NB

Centre website: centregoland.org

Teacher: Bhante Viveka

Capacity: Limited to 24 participants

Accommodation

Centre Goéland offers 12 bedrooms, with six on each floor. Accommodation will generally be in shared rooms with two participants per room. A limited number of single rooms may be arranged when needed, subject to availability and extra cost.

Shared washroom and shower facilities are available on each floor.

If you have mobility considerations or other accommodation needs, please let us know when registering. We will do our best to explore suitable arrangements.

Bedrooms (each bedroom has four beds / 2 lower beds + 2 upper beds)



The Centre



Meals

Three vegetarian meals will be served daily: breakfast, lunch, and a light dinner. Meals will be prepared by an on-site chef, with an emphasis on simple, nutritious food. Tea and coffee will also be available for self-service.

Before the retreat, participants will be invited to complete a dietary questionnaire to share any food allergies, intolerances, or other dietary restrictions. We will do our best to accommodate these needs. If a particular requirement cannot be met, we will discuss possible alternatives with you.

Registration & Cost

Retreat fee: \$325 per person

The fee includes accommodation and meals for the duration of the retreat.

A **\$100 deposit** is required to reserve your place and will be deducted from the total retreat fee.

Places are limited to 24 participants, so early registration is encouraged.

To register:

Visit maisonbodhi.org or contact Bodhi House:

Email: contact@maisonbodhi.org

Phone: +1 (506) 889-7393

A Note on Dāna — The Practice of Generosity

In the Buddhist tradition, the teachings are offered freely, without a fixed charge. This practice of generosity, known as *dāna*, supports the sharing of wisdom and the continuation of the teachings.

Participants will have an opportunity to offer a donation to the teacher at the end of or following the retreat. Such donations are entirely voluntary and separate from the retreat fee.

About the Teacher



Viveka is a Buddhist monk who teaches mindfulness practice and promotes compassionate living. He began exploring meditation in the early 90's, attended his first retreat in 2002, and was ordained with *Sayadaw U Tejaniya* in 2013. Over a 20-year period, he was fortunate to train with various well-respected lay teachers in the West and Buddhist masters in Asia. Since 2018, he has been offering meditation retreats, weekly sessions, and facilitating Insight Dialogue events internationally. He is the founder of Bodhi House in Moncton, Canada.

Basic Schedule

Please note that the schedule may vary. Any changes will be communicated before or during the retreat.

Opening Day: Friday, Nov. 20

2:00 – 5:00 pm Check-in

5:30 – 6:30 pm Light dinner

7:30 – 9:00 pm Opening session

Middle Days: Saturday & Sunday, Nov. 21 - 22

6:00 am Wake up

6:30 – 7:30 am Meditation

8:00 – 8:30 am Breakfast

10:00 – 11:00 am Meditation / instructions

12:00 – 1:00 pm Lunch

3:00 – 4:00 pm Meditation

5:00 – 5:30 pm Light dinner

7:00 – 8:30 pm Meditation / wisdom teachings

Closing Day: Monday, Nov. 23

6:00 am Wake up

6:30 – 7:30 am Meditation

8:00 – 8:30 am Breakfast

10:00 – 11:00 am Closing session

12:00 – 1:00 pm Lunch (optional)

We warmly welcome you to join us for this opportunity to pause, practise, and discover the possibilities of mindfulness.



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maisonbodhi.org

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