

# In the Footsteps of the Buddha-A Pilgrimage Retreat through India

Led by Brother Phap Huu and other monastics from Plum Village and Dharmacharya Shantum Seth

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Peepal\* Pilgrimage Saturday January 31 to Friday February 13, 2026

Optional Extensions:

**Building Love - Agra (Taj Mahal and Agra Fort) February 13-14, 2026** (ending in Delhi)

**The Exquisite Caves– Ajanta & Ellora February 14-February 17, 2026** (beginning and ending in Delhi)

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

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## TEACHER'S BIOGRAPHY:

The pilgrimage will be led by Plum Village monastics, including Brother Phap Huu and Dharmacharya Shantum Seth.

### Monastics of Plum Village



**Brother Phap Huu** is a senior teacher in Thich Nhat Hanh's international community and the abbot of the monks' community in Plum Village, the mindfulness practice center founded by Thich Nhat Hanh in southwest France. Born in Vietnam, he emigrated to Canada as a child. He began training with Thich Nhat Hanh at the age of thirteen, entering the monastery to become a monk. Thich Nhat Hanh gave him the name *Chân Pháp Hữu*, meaning "True Dharma Friend." For over 15 years, he accompanied Thich Nhat Hanh on international teaching tours as his attendant and assistant. Today, he is devoted to building community and continuing Thich Nhat Hanh's legacy. He co-hosts *The Way Out Is In* podcast.



**Brother Thiện Đức**, also known as **Br. Virtue**, is of German origin and was ordained in 2018 at Plum Village, Upper Hamlet. An engineer by training, he now enjoys monastic life, is active in the community, and has a deep appreciation for the teachings, togetherness, and spiritual life. In his practice, he is guided by the spirit of curiosity, creativity, and experimentation, which he also expresses through woodworking, crafting simple, functional, and beautiful projects for the Sangha.'



**Sister Trang Hien Tam (The Moon of Kind Heart)** was ordained in 2018 and received full ordination as a Bhikkhuni in 2023. Born and raised in Korea, she studied Korean Education and Educational Psychology and worked for several years as a television writer and producer at KBS and SBS. Her visit to Plum Village in 2017 during her holidays transformed her life, leading her to join the monastic order. She believes in making positive changes through community efforts. She enjoys creating Dharma videos, writing, bird watching, camping, and singing, and she hopes to share mindfulness in a way that feels natural and supportive, especially for younger practitioners.



**Sister Tam Muoi (“Samadhi”)** is an English nun and was ordained in 2012, becoming a Dharma teacher in 2022. Long before ordaining, she studied textile and fashion design and subsequently lived and worked in Paris for 18 years. She also brought up two boys with her then partner.

Having met the practice, she became active in the lay sangha, ordaining into the OI in 2004. A growing sense of ethical unease led to her leaving the fashion industry and to retrain as a Mindfulness teacher, working particularly with people subject to depression.

Sr Samadhi is a passionate gardener, and her love of design is directed into the flower garden where she can very often be found, whatever the season, ensuring that something is blooming all year round.

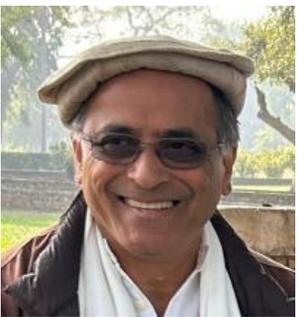
She is actively supporting the recent creation of the Being Peace Practice Centre in the UK and is deeply committed to the work of healing ancestral harm through participating in White Awareness trainings, retreats and sanghas.



**Brother Đạo Hành**, also known as **Brother Action**, is a Zen Buddhist monk and pilgrim from the Netherlands. He started the monastic path in 2015 and has since lived in Plum Village, France and Magnolia Grove Monastery, Mississippi, USA. He became a Dharma teacher in 2025.

Before ordaining, his journey led him through all sorts of work in different countries, each role another stepping stone that helped him arrive where he is now.

Today, he contributes his time and energy to guiding young monastics and aspirants. At home in the monastery Brother Đạo Hành enjoys relaxing with his monastic siblings, drinking tea and coffee, community-building, hiking in nature, and playing with ink.



**Dharmacharya Shantum Seth** was ordained and “Transmitted the Lamp” by Thich Nhat Hanh in 2001, receiving the Dharma name Satya Marg (True Path). The foremost expert on sites associated with the Buddha, he has been leading pilgrimages since 1988. He worked for over fifteen years with the United Nations on volunteering, peace, and social development, and later served as a Senior Advisor on pilgrimage tourism for both the World Bank and the Government of India. He has co-authored books such as *Walking with the Buddha* and *Volunteers Against Conflict*, and served as a consultant on documentaries including BBC-Discovery’s *Life of the Buddha* and BBC-PBS’s *The Story of India*.



**Jo Confino** is a leadership coach, facilitator, journalist, podcaster, and author working at the intersection of personal transformation and systems change. His coaching supports leaders addressing the climate crisis, biodiversity loss, and social injustice. He is co-founder and co-host of the Plum Village podcast *The Way Out Is In* and co-author of *Being With Busyness* and *Calm in the Storm*. His photography book *Between Earth & Sky* will be published in April 2026. Jo has interviewed Thich Nhat Hanh for *The Guardian* and supported the Plum Village community for 18 years. A member of the Order of Interbeing since 2020, he also serves on the Thich Nhat Hanh Foundation board.

*As we have both Brother Phap Huu and Jo Confino on our pilgrimage, we shall take the opportunity to record some episodes for 'The Way Out Is In' podcast that they co-host.*

At each pilgrimage site along the journey, Shantum will share stories from the Buddha's life and offer teachings to help us understand him as a real person, the drama of his life, and the significance of his teachings. We'll schedule time for daily sitting and walking meditation, sharings, and Q&A with the monastics of Plum Village, as well as personal contemplative time. Creating a traveling sangha will be an important aspect of this trip, fostering cohesion and providing support for those seeking to deepen their practice.